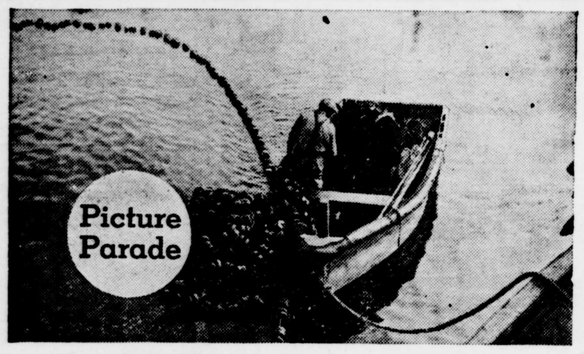
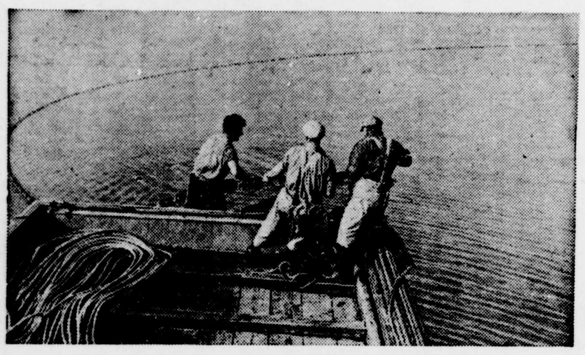
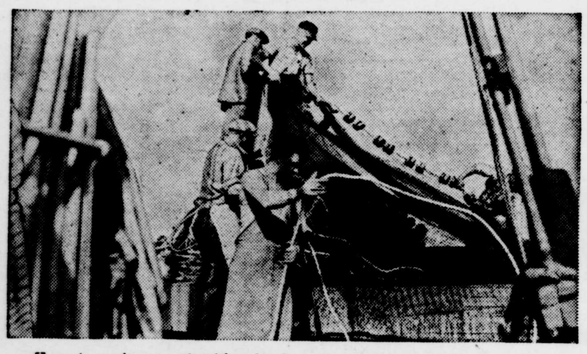
# Puget Sound Fish Roundup



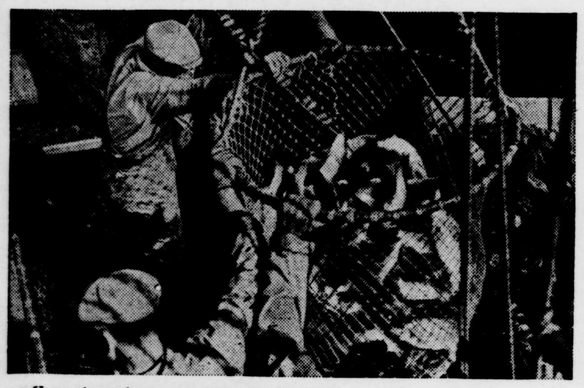

IN WASHINGTON'S Puget Sound, fishermen catch salmon by cowboy tactics, building a "fence" around them and reducing the size of their corral until the salmon can be lifted out of the seine into the boat or tender. Nineteen hundred feet of net are strung over the side, held up by cork floats, kept down by lead weights.



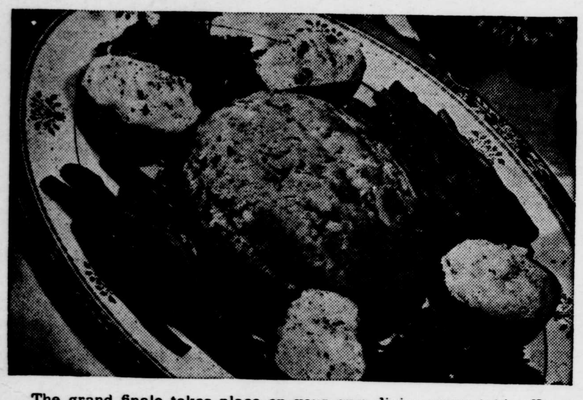
Going in a circle about 575 feet in diameter, the net soon encloses a school of salmon. The bottom of the net is closed by drawing the purse line which operates just like the string of a purse. Soon the net will be drawn in, bringing its cargo of fresh salmon.



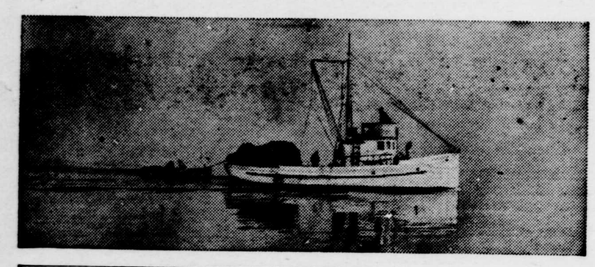
Here is a closeup of taking in the net. The man in the foreground is handling the purse line, which is usually drawn in by steam power because of its tremendous weight. Thus modern steam winches have greatly increased the speed of fishing, enabling boats to surround and capture a school of salmon in quick order.



Here the salmon are being brailed aboard with a net. Once aboard the boat, the salmon are rushed to the cannery or transferred to a cannery tender which carries thousands of the silvery fish to plants located on the shores of Puget Sound. Less than 24 hours later the fish are in cans, cooked, labeled and ready for shipment to your corner grocery. Puget Sound's delicious salmon are not taken in excessive numbers. Fishermen and the government co-operate to restrict each annual catch.



The grand finale takes place on your own dining room table. Here's a delicious gift of the sea, steamed salmon pudding, one of the attractive new dishes which add nourishing protein, deep sea minerals and vitamins to your diet.



**Weaving Practiced by Incas**

In the Natural History museum is a piece of cloth, woven by the Inca Indians of Peru about 1000 A. D. This definitely establishes the fact that ikat, a technique of weaving, was employed by the Incas before the Spanish conquistadores arrived there.

**Royal Bounty for Oxford Scholars**

In the reign of Richard I scholars were maintained at Oxford by royal bounty.

**Sullivan's Island**

Sullivan's island belongs to South Carolina and is situated at the north entrance to Charleston harbor, six miles out from Charleston, and separated from the mainland by a tidal channel. The island is about six miles long and contains the well-known Fort Moultrie.

**Area of Sahara Desert**

The Sahara desert embraces an area nearly as large as the mainland of Europe.

# Floyd Gibbons' ADVENTURERS' CLUB

HEADLINES FROM THE LIVES OF PEOPLE LIKE YOURSELF!

## "The Fall Into the Bottomless Well"

HELLO EVERYBODY:

Can you imagine falling into a well and never reaching bottom? That's what happened to William J. Sternberg of Long Island City, N. Y., who tells today's yarn.

In the spring of 1885, Bill Sternberg, then a lad of 19, was putting in panes of glass along the side of a building in Long Island City, N. Y., since burned down. A steep slope fell away almost vertically from the building, and below this slope was an old well, whose rotting timbers had been removed preparatory to making a new cover. Now watch and see what happened.

**Bill Sails Off Into Space.**

Along the far end of the building, the ground fell away so steeply that Bill had to go look for the ladder he had left against the one-story extension. To make sure the ladder was still where he had left it, he took a step backward to look over the edge of the roof. Suddenly his left foot went completely into space!

**Bill says, "I knew in a flash where I was about to go. It was too late to scramble forward, so I braced my foot, and with all my might I threw my body back . . . "**

**And right below lay—you guessed it—the open well!**

Bill's quick thinking may have saved his life, but it didn't keep him from going through a bad experience. His shoulders struck the far edge of the well and his feet scraped the near edge so that he lay across the top opening like a stiff stick. Only he wasn't so stiff, worse luck. Bit by bit he started to slip down the sides of the well, the weight of his body held in space only by the fierce pressure of his braced feet and shoulders against the rough brick sides of the well.

**And Then He Started to Slip!**

Had that well been an inch wider in diameter, boys and girls, Bill wouldn't be telling this story. As it was, he had all he could do, pressing with all his strength, to keep his body out straight, to keep pressure on his toes and his shoulders and neck.

**Picture for yourself what he was up against. If either his head or his feet started slipping faster than the other end, he might drop so much on one end that his body would no longer meet the wall on both sides. The minute his legs or his shoulders slipped enough to fall away from the wall—HE WOULD PLUNGE TO THE DEPTHS BELOW!**

But worse was still to come. Working with Bill on the job was a man by the name of Franz. When the first terror at his predicament

**And right below lay the open well.**

lifted, Bill thought of Franz and yelled for help. Picture his horror when he got no answer.

All along he had been hoping that before he lost control, rescue would arrive. Now his voice rang mockingly in the dark depths below. Franz did not answer.

**Bill Sees a Dim Ray of Hope.**

Lower, lower slipped Bill. The rough bricks scraped his shoulders raw. Blood ran from his tortured flesh, soaked his shirt. The pressure was agony, yet he dare not ease up. To let up meant dropping.

**Bill wormed around till his eyes could examine the depths of the well below. And for a moment hope returned to him. Directly below, about seven and a half feet down, he saw the ribs of the form for the brickwork projecting on the inside, about two or three inches beyond the brickwork. The masons had left the form with the ribs and built around them.**

"Now," Bill told himself, "if those ribs will hold my weight, I'm safe!" But could he reach them?

Seven and a half feet! Seven and a half feet of creeping, of tortured shoulders, of risky probing with one foot when an instant's let-up in that pressure meant—Bill Sternberg tried not to think what it meant while he groped with one foot for a hold, wormed his raw shoulders lower on the bricks that were like sandpaper on his raw shoulders.

**New Danger Worse Than the Old.**

Just as he reached the ribs a new danger presented itself. His shoulders started to go lower than his feet!

Bad enough to plunge feet first. But head first! And backward, at that!

**It took all the flagging nerve of Bill Sternberg to grind those raw shoulders into that wall and work his feet down to—yes, the rib. Bill made it. And what's more, the ribs held him. Feet and shoulders.**

But how long was he to remain here like this? Frantically he lifted his voice in a hoarse shout. And now to his ears came a sound—the sound of Franz's hammer. Franz, hammering and whistling at his work, had perhaps not heard. Bill summoned all his strength, fairly bellowed: "Franz, FRANZ!"

This time Franz came, and with one unconcerned tug yanked up his companion. Bill landed hard on the safe ground. It felt good—better than his shoulders. But worst of all, he says, was trying to square himself with his mother for ripping his shirt, when he got home!

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**Cranberry Thrives Best in Acid Peat, Muck Soil**

The cheery little cranberry, once called craneberry because its blossoms resemble a crane's head and neck, is not modest in its requirements.

It demands low-lying land saturated with water; prefers acid peat or muck soil. There must be reservoirs to constantly feed thirsty fields through miles of radiating canals—to flood marshes quickly against killing frosts and as a measure of insect control, states a writer in Prairie Farmer.

It must have winter protection. Just before heavy frost, reservoirs are opened and vines covered; they lie snug through winter beneath a blanket of ice. They must have a blanket of sand, too, one inch thick atop the ice, to settle gently but firmly around vines in spring when the ice goes out to absorb heat and help keep frost away; to discourage weed growth; to give old runners a chance to reroot and thus renew the bog.

Marshes are drained in the spring and from short mother vines new shoots creep. Buds swell and send out a short shoot upon which pink waxen blossoms bloom. When petals fall, tiny berries emerge to grow and plumpen. Slowly their color fades from green to creamy white; to coral pink, while the rare and vigorous flavor develops within. Gathered, dried and boxed, cooler weather turns the berries full flavored and a rich, ruby red.

**'Oyez,' Request for Attention**

"Oyez" is the old Norman version of the modern "Hey, you" and may be freely translated as "hear" or "listen." In courts and at some meetings, it is repeated three times, as a request for attention, or as a prelude to a public announcement.

**Assured With Pride Alone**

Rather stand up, assured with conscious pride alone, than err with millions on thy side. — Charles Churchill.

**Immensity of the Amazon**

The area drained by the Amazon and its tributaries total more than 2,970,000 square miles, largely untamed tropical forests, and the volume of water discharged into the sea annually is probably five times as much as that of the Mississippi.

**Origin of Word Plagiarism**

The Latin word plagiarius meant a kidnaper, a stealer or abductor of a slave or child. It was first used in the modern sense of appropriation or copying by Martial.

**'Flower Fund' Aids Poor**

When a person dies in Sweden, his friends often send the money they would have spent on funeral wreaths to the "Flower fund." This fund is used to support and care for poor, elderly people.

**Know Value of Time**

Know the true value of time; snatch, seize and enjoy every moment of it. No idleness, no laziness, no procrastination; never put off till tomorrow what you can do today.—Chesterfield.

**Farthest From Sea**

Sinkiang, or Chinese Turkestan, lies farther from the sea than any other country in the world. Its exports are confined to gold, jade, ingredients for Chinese medicines (bear's paws, antelope and elk horns), fine horses, and sheep and camel wool.

**First National Monument**

Devil's Tower National monument in Wyoming, created by President Theodore Roosevelt in 1906, was the first established.

# What to Eat and Why

## C. Houston Goudiss Describes Diet After Middle Age; Shows How Right Food Can Prolong the Vigorous Years

By C. HOUSTON GOUDISS

ONE of the best prescriptions ever offered for longevity was advanced by the wise man who said: In the twenties, prepare for the thirties; in the thirties, prepare for the forties; and after that—prepare for a long and vigorous old age!

That advice is well worth following, for it has been estimated that by taking into account all the newer knowledge of nutrition, it is possible not only to improve health, but to add a number of years to the normal life span.

**A Man Is as Young as He Feels**

It has been well said that "the age of man has small relation to his years," for it has been demonstrated, both clinically and in the scientist's laboratory, that old age is a physiological condition rather than an accumulation of years.

In grandmother's day, a woman of 50 was considered **old.** Today that age is regarded as **young,** and much of the important work of the world is being done by men and women who can see 50 only by looking over their shoulder.

**Importance of Correct Diet**

**On the other hand, thousands of Americans are unknowingly impairing their efficiency and shortening their lives through the misuse of food. They are eating the wrong kind of food—and what is equally disastrous—they are overeating! They do not seem to realize that eating too much does not strengthen the body, but exhausts it with the labors of digestion. The surplus nourishment clogs the system and may be indirectly responsible for headache, dyspepsia, biliousness and mental dullness.**

Unless they change their habits of eating, they will inevitably become victims of their own indiscretions. For while it is folly to neglect the health at any age, to do so in middle life is to open the way to an early death or to an old age marred by sickness.

**Keep Down the Weight**

The first 25 years of man's life are devoted to growth. During this period of youth, the body usually has a large fund of reserve energy which can be called upon in times of stress. During the next 25 or 30 years, the weight **should** remain constant. If the diet is properly regulated, and sound habits of hygiene are followed, a man or woman will come into middle age full of vigor and with mental and physical capacities undiminished.

Unfortunately, however, the laws of hygiene and nutrition are often broken during the active middle years. As a result, bodily reserves are depleted and middle age finds many men and women near the danger line, no longer able to resist infections and the degenerative diseases.

That is why it is so desirable—if you hope to be vigorous at 50 and after—that you begin to plan for it many years earlier.

Live sensibly. Avoid overwork. Regularly take a moderate amount of exercise. Get enough sleep so that you avoid that chronic "tired feeling." **Above all, eat enough, but not too much, of the foods that build and maintain health: milk; eggs; fruits and vegetables; protein foods in amounts just sufficient to meet your requirements, so that there is no excess to be eliminated; enough fuel foods to give you plenty of pep and power, but not in amounts that will cause the weight increase which many people erroneously believe inevitable during the middle years.**

**Curb the Appetite for Rich Foods**

It is most important to avoid overeating. For muscular activity decreases with the passing years. The middle aged individual often rides where a younger person might walk or observes active sports from the sidelines where he formerly played them with zeal. Unfortunately, however, the appetite seldom diminishes in proportion to the lessened fuel needs. That is why every individual who has entered upon the middle years should check his or her weight frequently, and promptly reduce the fuel foods if a significant gain is noted.

The protein requirement diminishes somewhat after the age of 60 for no new tissue is being built. It is, furthermore, advisable to take a large share of the protein in the form of milk and eggs.

Vegetables should be used freely and if there is difficulty in mastication, they may be finely chopped. Fresh fruits may be eaten as long as they do not cause fermentation; otherwise cooked fruits should be used instead. Contrary to popular opinion, sweets can frequently be eaten in considerable amounts without causing indigestion. Fats, however, should be used sparingly.

**Hot Foods Beneficial**

Hot foods are often more easily digested than cold, and it is helpful to begin a meal with hot broth, in order to stimulate the secretion of digestive fluids. A hot beverage may also be beneficial at bedtime.

It is sometimes observed that five or six small meals are more easily digested than three large ones. Each person should discover what meal schedule best suits individual requirements and then abide by it. For it is indeed true that middle age—and the years beyond—are largely what you make them!

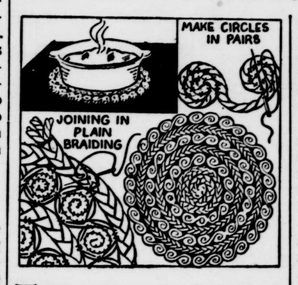
## Questions Answered

**Mrs. J. A. H.**—Milk, fruits and vegetables supply a large part, **but not all** of the minerals required by the body daily. The diet must be supplemented with whole grain bread or cereals, eggs and some meat.

● WNU—C. Houston Goudiss—1938—20.

# HOW to SEW

By RUTH WYETH SPEARS




THIS mat is made of white cotton cable cord such as you buy at the notion counter for corded seams and trimmings. The original mat from which this design was taken was made of—no one of this generation would ever guess what! Corset strings.

The design shown here is compact and, copied in rather heavy cord, makes an ideal hot dish mat. Follow the sketches for directions. Make the circles in pairs, as shown, using No. 40 cotton thread to sew them. Braid three cords together and then sew the braided strip around and around to make the center of the mat. Sew a row of the circles to the edge of this center part, then add another braided row, being careful to "ease in" the inside edge just enough to keep the mat flat. Continue adding alternate rows of circles and braiding until the mat is the size desired.

To join the ends of the braided rows, pull one end through the braiding to the wrong side of the mat; then trim the ends and sew them flat. It is not too early to begin thinking of Christmas gifts—and you will be wanting to make something a bit unusual for that next bazaar when it comes rolling around. Sewing Book 2, Embroidery, Gifts and Novelties, is full of new ideas all clearly illustrated with step-by-step pictures. Send for it today and give life a new interest by starting some fascinating piece of hand work. Enclose 25 cents and address Mrs. Spears, 210 S. Desplaines St., Chicago, Ill.

# AROUND the HOUSE

Items of Interest to the Housewife

**For Damp Closets.**—A saucerful of quicklime placed in a damp closet or cupboard will not only absorb all dampness but will sweeten and disinfect the closet.

• • •

**To Destroy Smoke Odor.**—Put a basin of water in each room and leave windows open an inch at top and bottom until the odor disappears.

• • •

**When Cleaning Windows.**—Tissue paper makes an excellent polish for window glass and mirrors. Wash, dry and then polish with the paper.

• • •

**Clogged Sinks.**—A mixture of washing soda and vinegar poured down a choked-up sink or basin will dissolve any soap or grease which is causing it to clog.

• • •

**For Scarred Furniture.**—If you will take a soft flannel cloth, dip it in iodine, then rub gently over scarred mahogany furniture, when it dries the scratches will be almost unnoticeable. Then when iodine is dry, apply a liberal coating of a good furniture oil.

• • •

**For Stiff Leather Straps.**—Leather luggage straps that have become hard may be softened by soaking for several hours in hot, soapy water. Allow to dry in a cool place while still soapy, and finally rub with a cloth dipped in linseed oil.

**A Twine Holder.** — A funnel makes an excellent holder for a ball of twine. Choose one large enough to hold a good-sized ball. Put the end of the string through the neck of the funnel.

• • •

**Preserving Scrub Brushes.**—Never put scrubbing brushes away until they have been thoroughly washed, rinsed and shaken, so that most of the moisture has been removed.

• • •

**Safety Measure.** — To fill a steaming teakettle place a small funnel in the spout to prevent burning your hands in taking off the cover.

## Wise and Otherwise

A woman used to be the one to have the last word, but now it's the traffic cop.

**Hard work never killed anyone. But youth prefers something with a spice of danger in it.**

Men are a bit like trees. When they cease to branch out they're liable to become fossils.

**Many a plain woman has cooked her way into a man's heart, just as many a pretty one has cooked her way out again. Is the ship of marriage foundering on rock cake?**

In view of the needless noise that already assails our ears, it's a good thing that rusty brains don't squeak.

# Smiles

**That's the Question**

Bill—If my idea goes through, I'll be on easy street.

Chuck—What doin', sweeping it?

**Many people dislike watching air displays. It gives them a pain in the neck.**

**Another Objection**

Teacher—Why are wars objectionable?

Pupil—Because they make history.

**Duty Done**

She laid the still white form beside those which had gone before.

Suddenly a cry broke the stillness — one single heart-breaking shriek; then silence. Another cry; more silence. She left the place.

She would lay another egg tomorrow.

**Score for the Ladies**

"Don't you think that on the whole women are less exacting than men?"

"Well, lots of them certainly don't seem to want their pounds of flesh."

**Penalty**

"Darling, do stay a little longer!" said the lovesick girl.

"My pet, I cannot," replied her boy friend. "I'd give half my life to stay with you longer, but it's impossible."

"How is that?"

"We have a club meeting tonight and anybody who arrives late is fined 50 cents."

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