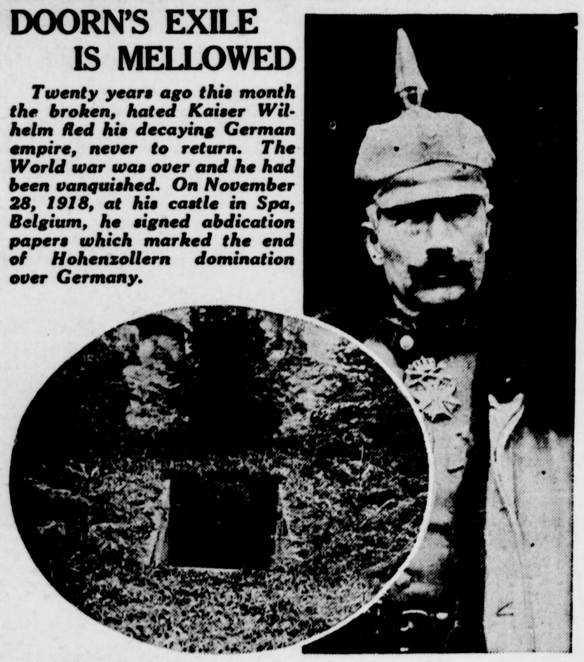
DOORN'S EXILE IS MELLOWED

Twenty years ago this month the broken, hated Kaiser Wilhelm fled his decaying German empire, never to return. The World war was over and he had been vanquished. On November 28, 1918, at his castle in Spa, Belgium, he signed abdication papers which marked the end of Hohenzollern domination over Germany.



The above hole in the ground has considerable significance. It was the entrance to a subterranean passage, leading from the Kaiser's castle at Spa to a point some miles distant in a wood. Through this tunnel fled the once proud ruler of Germany, completely beaten.

In 1918, Hohenzollerns were hated throughout the world. The above picture was printed on Armistice day of that year with the following description: "This photo was taken of the Hohenzollern tribe before it was necessary for them to scan the want ads. It is useless at this early date to venture the occupations they are liable to pursue, but it is generally understood that the French are most solicitous regarding their welfare and have offered them positions with the government. Most of the work will be done in overalls on the roads of that stricken country . . . This gang will soon leave for the French frontier—under guard."

But Kaiser Wilhelm went safely to Doorn, where in 1922—his first wife having died—he married the Princess Hermine von Reuss (right). Though not of blue blooded stock, she has a long line of noble ancestry. She had five children by a previous marriage.

LEFT—The Kaiser today, a proud, peaceful old man who whiles away his days at Doorn, emerging infrequently to comment on world affairs. RIGHT—But in Berlin one sees his son, Prince August Wilhelm, wearing the Nazi swastika and assuming an important role in Adolf Hitler's German government. Twenty years after abdication, are the Hohenzollerns returning?

No Prize on Market

The sheepshead, sometimes called the "white perch" of the Great Lakes, feeds almost entirely on crustaceans and insects. Its flesh is tough and coarse, and not highly prized on the market.

Gold in the Klondike

The sensational find of gold in the Klondike (as the Yukon was then known) was made in 1896 and the yield went as high as a million fine ounces in 1900.

Adding Names to Papal List

Pope Lando (913-914), the 122d pontiff of the Roman Catholic church, was the last one to add a new name to the papal list. The names of the 139 popes who have reigned since Lando's time, says a writer in Collier's Weekly, were selected from those borne by predecessors.

Ouchy, Name of Lake Port

Ouchy is the name of a lake port on the Lake of Geneva, Switzerland

Floyd Gibbons'

ADVENTURERS' CLUB

HEADLINES FROM THE LIVES OF PEOPLE LIKE YOURSELF!

The Beast at the Door

HELLO EVERYBODY:

Here's Oskar Baradinsky of Yonkers, N. Y., come to join the Adventurers' Club and to furnish us with still another illustration of how truth can be stranger than fiction.

If you were reading a story in a magazine and came on a passage that described how wolves killed a calf on a Pennsylvania farm, not more than sixty miles west of Philadelphia, and in the year 1926—well—what would you think of that story?

If you are like me, you'd probably say the author was crazy and turn to another story that sounded more true to life. A fiction writer just couldn't put an incident of that sort down on paper and get away with it. But Old Man Fact doesn't go by the rules that govern fiction writers. It's actually true that wolves have killed calves in eastern Pennsylvania—and that isn't the half of it, either, as Oskar Bradinsky is here to tell you.

In the fall of 1926, Oskar was taking a motor trip from Boston to Louisville, Ky., and stopped overnight at his uncle's farmhouse on the Lincoln highway, 10 miles northeast of Coatesville, Pa. It was Oskar's first visit to the farm in several years, and his aunt, who came to the door, was surprised to see him. And when, presently, his uncle came in from feeding the chickens he seemed to be not only surprised but worried about something as well.

Worried About Wolves.

They all sat down to supper, and during the course of the meal Oskar found out what was worrying his uncle. He told Oskar that the night before a young calf had been killed by wolves that came from the surrounding woods. It wasn't the first time that sort of thing had happened, either, he said. Time and again he had set traps for the beasts, but never had he been able to catch any of them. Now he was at his wits' end, for one by one the animals were killing off all his most valuable live stock.

After supper they went into the parlor. Oskar's uncle continued talking about the wolves. He had just about decided to sit up in the barn all night and see if he couldn't get some of them with a rifle. "We

He fired as one of the wolves sprang at the horses.

were all sitting around the stove," Oskar says, "for it had been cold all day and after dark the wind started to blow ominously. We could hear it whistling about the house and the warmth of the fire was comforting."

About nine o'clock there was a knock at the door. Oskar's uncle got up to see who it was and Oskar could hear him say "Hello Donald," to someone and invite him to come in. The visitor was one of the local Dutch-American farmers, and he said, "I ain't got much time. Just thought I'd drop in and find out if you were going into town tomorrow."

"Why, yes," Oskar's uncle answered. "I'm going over first thing in the morning. Are the missus and the kids with you?"

"They're outside in the wagon," the farmer replied. And scarcely were the words out of his mouth when they heard a woman's scream accompanied by the terrified whining of the horses!

Farmer Feared for His Children.

In an instant the little farmhouse parlor was a bedlam. Oskar's aunt started up from her chair. The visitor, rooted to his own chair, cried, "Good Lord, what's that?" Oskar's uncle was on his feet running across the room. "That's wolves!" he shouted over his shoulder as he reached behind a bureau for his rifle.

"Wolves!" In the light of the small electric bulb, Oskar could see the color leave the farmer's face. Outside the wind howled. The horses were still screaming, and now the cattle and the chickens joined in the terrible din. "Wolves," the farmer repeated. "Oh my God. My kids are out there!"

He was out of his chair and across the floor like a shot. He jerked open the door. "He and my uncle," says Oskar, "went through the doorway at the same time. But my uncle carried a rifle and the farmer was unarmed. Over the din of the animals and the howling of the wind I could hear their footsteps crossing the porch—clumping down the four wooden steps. Then I got up and followed."

The horses were still screaming dreadfully, but after that first woman's shriek, no sound had come from the occupants of the wagon. A lithe, dark form sprang at one of the horses and the horse reared. Oskar's uncle knelt down on the ground, raised his rifle and fired.

Wolves Scared Away by Shots.

The sky was almost pitch black, and the road was so far away from the house that it was impossible for the men to tell if the shot had been effective. Oskar's uncle fired again—then all three of them ran toward the wagon.

As they ran they could see black forms scurrying away across the fields. The shots had frightened the wolves away. When they arrived at the wagon they found the farmer's wife slumped unconscious in the seat. The children, in the back of the wagon, were awake and crying. The horse, his skin torn and bleeding and his neck bitten in several places, was rearing and kicking and trying to break away.

It took Oskar's uncle a long time to quiet the frantic animal. Meanwhile the farmer carried his wife into the house and gave her a few drops of whisky. When she came to she told a harrowing story of seeing three enormous wolves appear suddenly out of the darkness and jump at the horse's neck and flanks. At the sight of them she had screamed and fainted.

"My uncle loaned his friend another horse and a rifle to get home with," says Oskar, "and after the children were calmed and the mother felt better they started off again. They got home safely, and several weeks later my uncle wrote me that he'd shot one of the marauders—a little fellow weighing 145 pounds."

And all I want to know is: Why do guys like Frank Buck travel all the way to Africa?

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Leprosy Regarded Most Dangerous

Leprosy was regarded between the Sixth and Fifteenth centuries as by far the most dangerous disease then known.

Propelling Power of Whale

The propelling power of a whale is enormous, and no accurate estimate can be made of it. One instance is recorded of a blue whale that towed a steamer, by the harpoon rope, for 24 hours, in spite of the fact that the ship's engines were in reverse.

Buried Under Powder Magazine

According to Compton's Encyclopedia, Cleopatra is buried under a powder magazine in the harbor of Alexandria.

Origin of Protein

The word "protein," the food which builds and repairs tissues, comes from a Greek word meaning "of the first importance."

Famous Autobiography

The first famous autobiography of European literature is the "Confessions of Saint Augustine."

Glass-Blowing by Egyptians

Glass-blowing was practiced by the Egyptians more than 4,000 years ago.

Six-Hour Day Held Ideal

In "Utopia," published by Sir Thomas More about 1516, a six-hour day is described as the ideal working day.

Invented the Linotype

The linotype, a type-casting device, which is in common use in newspaper offices throughout the United States, was not invented until 1885. Its creator was the German-born citizen of Baltimore, Ottmar Mergenthaler. It was first put into use in a newspaper office in 1886.

Lambeth Palace Long in Use

Lambeth palace has been the residence of the archbishops of Canterbury for six and one-half centuries.

Indians' Belief About Fire

The Indian legend holds that fire was discovered when buffaloes' hoofs struck sparks from rock and set dry brush afire.

Statues Without Identity

Of the 350 statues in London, two are without identity. One is in Bloomsbury and the other in Smithfield.

Range of Human Hearing

The ordinary range of human hearing is more than nine octaves.

WHAT to EAT and WHY

Feed Adolescent Correctly or Tragic Consequences May Result, Warns C. Houston Goudiss; Teeth Must Receive Special Consideration

By C. HOUSTON GOUDISS

OFFHAND, it may seem as if there could be very little connection between a deficient diet during adolescence and painful childbirth in later years. Yet it has been demonstrated clinically that there is a definite link. It has likewise been determined that the kind of food which is fed adolescents has a significant and far-reaching influence upon their teeth in later life, and **in the case of girls, upon the teeth of their children when they in turn become mothers.**

Preparation for Parenthood

Adolescence is a difficult period at best. And if a girl takes an unbalanced diet at this time, the result may be an unstable nervous system, poor physical development, lowered vitality and inability to fight off infections. This lack of strong resistance may open the way to dental disease and to a variety of other serious infections as well.

It has also been established that if a girl is poorly nourished during these years of rapid development, there may not be the slightest indication of that fact until she first becomes an expectant mother. Then she will pay for **her mother's lack of nutrition knowledge.**

Results of Calcium Deficiency

If her diet has been deficient in calcium, for example, her pelvic bones may be imperfectly developed, so that she suffers unnecessarily during the birth of her child. And if liberal amounts of calcium have not been stored in her body, she may be called upon to make needless sacrifices from her own body in the interests of her child. **It is well known that if an expectant mother's diet is not abundantly supplied with calcium, the substance will be withdrawn from her own bones and teeth in an effort to meet the needs of the developing child.**

An Aid to Dental Health

For although expectant mothers are not always aware of this important fact, it is true that the first or "baby" teeth are developed within the jaw during prenatal life, and the foundations for the second set are also laid at this time.

Unless the expectant mother's diet is very generously supplied with calcium, so as to allow adequate amounts for the baby's teeth and bones, nature will endeavor to meet the child's requirements by sacrificing calcium from the mother's own body. If she has no adequate reserve, then she may be forced to lose "a tooth for every child," or suffer even more serious dental ills.

Calcium-Rich Foods Required

Leading nutrition authorities hold that the average American diet is more deficient in calcium, perhaps, than in any other single nutrient. This is especially likely to be the case in the diet of the adolescent. For at that time, boys develop prodigious appetites and a tremendous capacity for carbohydrates or energy-producing foods, while girls become extremely finicky. Either they do not take enough food at meals, or they tend to eat too many rich mixtures between meals. As a result, the diet of both boys and girls is likely to contain an abundance of meat, fish, highly milled cereals and other refined foods, with inadequate amounts of the foods rich in calcium.

The Adolescent's Diet

To balance the diet properly, these necessary protein and energy foods should be supplemented by milk and cheese which are rich in calcium; by green leafy vegetables which are also a good source; by eggs and fruits, valued for their minerals and vitamins; and by bulky foods which supply sufficient cellulose to help promote regular health habits.

Mothers of adolescent children should make a conscientious and determined effort to feed them a diet rich in calcium and vitamins A, C and D—the substances required, especially, for maintaining sound, healthy teeth. If milk and succulent fruits and vegetables figure prominently in the daily menus of the adolescent girl, they will go a long way toward helping to correct the "choosy" attitude toward food from which many older children suffer.

And if careful attention to diet is coupled with careful attention to sound hygienic habits, the health of our 'teen-age boys and girls will be greatly improved, and they will be more adequately prepared to assume the duties of parenthood.

Correct Dental Hygiene

It is vitally important that the proper care be given to the teeth and mouth. But it is quite unlikely that a correct routine will be followed unless mothers offer tactful advice and suggestions very frequently. For while the tiny child has his teeth brushed for him, and the young school child has his tooth-brushing ritual supervised, too often the adolescent is left to his own devices in this respect. That is a great mistake, as adolescents are sometimes careless in the care of their teeth.

Mothers must see to it that there are two toothbrushes, one for night and one for morning, so that it is never necessary to use a soggy brush. **They must watch when the supply of tooth paste or powder runs low, and see that it is replaced. For it is surprising how few children can be persuaded to brush their teeth properly without an agreeable dentifrice! Mothers should take care to choose a dentifrice that will preserve or restore luster in the teeth. For adolescents are extremely sensitive about their appearance and they must not be allowed to permit dingy teeth to spoil their smiles.**

If mothers will feed their adolescents a correct diet and supervise their daily dental care, the coming generation will not only be more attractive to look at but should enjoy more abundant health.

Answers to Questions

Mrs. G. B. A.—Yes, there is a substance called cholesterol, and it is a vital constituent of nerve tissue, and is also found in the blood. Foods rich in cholesterol include egg yolk, liver, kidneys and sweetbreads.

©—WNU—C. Houston Goudiss—1938—38.

Blessings From Wife

All the blessings of a household come through the wife, therefore, should her husband honor her. Men should be careful lest they cause women to weep, for God counts their tears.—The Talmud.

Pretty Workaday Fashions

DURING the indoor season to come, make plenty of bright new workaday clothes for yourself and your daughter. Here's a design for charming aprons to wear over your own dark house frocks for protection and prettiness. And a simple, flare-skirted dress for school girls, so becoming and practical that just one of it will never be enough. Both of these patterns, in fact, you're sure to use over and over in different materials. They're easy as french dressing to make. A detailed sew chart accompanies each of them.

Charming School Frock.

This is an awfully good style for growing girls who incline to be a bit lanky. The puff sleeves, flared skirt and small waistline, drawn in by a belt at sides and back, give them just the right lines. The high neckline, finished by a little round collar, covers up their collar bones and looks so well under young faces. This is a diagram design, therefore can be finished in a few hours. Make it of velveteen, flannel, jersey, wool plaid, gingham, linen—it looks well in practically every fabric that school girls wear.

Three-Way Apron Design.

Two comfortable pinafore styles, so cut that they won't slip off at the shoulders, and a sweet little tie-around, are yours in this smart design that will help to solve many of your Christmas gift problems. Anyway you take it, or make it, this flaring, tiny-waisted apron design is a delight to make and to wear. Dimity, percale, dotted swiss, organdie and batiste, in white, dainty prints or pastels, are pretty fabrics for aprons.

The Patterns.

No. 1625 is designed for sizes 6, 8, 10, 12 and 14 years. Size 8 requires 2¼ yards of 39-inch material; 1⅝ yards of braid; ⅞ yard of ribbon for belt.

No. 1622 is designed for sizes 32, 34, 36, 38, 40, 42 and 44. Size 34 requires 2⅜ yards for each of these aprons. And for apron No. 1, 6 yards of braid. For apron No. 2, ¾ yard of contrast. For apron No. 3, 1 yard of pleating.

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., 247 W. Forty-third street, New York, N. Y. Price of patterns, 15 cents (in coins) each.

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2. You should feel relief very quickly. If pain is unusually severe, repeat according to directions.

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