CLASSIFIED DEPARTMENT

CHICKS

MARYLAND'S FINEST BLOOD-TESTED CHICKS. Eight popular breeds and crosses. Started chicks, also Ducks and Poults. Hatches twice weekly. MILFORD HATCHERY, Milford Road or, Liberty Rd., Pikesville, Md., or Berkshire, Md., Pikesville 336-R.

Hello, Folks—It's Chick Time
A postal brings our circular. Guarantee and special discount on 10 breeds. All breeders B. W. D. tested.
Smith's Poultry Farm and Hatchery
Box 10 Beaver Springs, Pa.

Blood-Tested CHICKS $6.00 per 100
$1.00 Deposit, Balance C. O. D.
CARTER'S
3360 Germantown Ave. Philadelphia, Pa.

Bob White's SUPERIOR CHICKS
NEW LOW PRICES on our money-making spring chicks.
Blood-tested, leading breeds. All chicks unconditionally guaranteed.
Bob White's Hatcheries
4001 Eastern Ave.
Baltimore, Md.

FARMS

NORTHERN VA. FARMS sold and exactly located, accessible to Washington. BUELL FARM AGENCY, Bressler, Fairfax Co., Va.

OPPORTUNITY

SEND FOR THIS! A profitable paying place you can work right in your own home in spare time. Information for stamp. COHARIE EXCHANGE, GARLAND, N. C.

OLD GOLD, ETC.

TOP PRICES FOR OLD GOLD, SILVER AND COINS. GOLDEN'S, 109 Park Ave., Baltimore, Md.

AROUND THE HOUSE

Keeping Lemons Fresh.—Lemons can be kept fresh and firm by placing them in a wide-necked pot or jar and covering with water.

* * *

Don't Scar Meat.—Searing meat will not hold the juices in, as was formerly believed, but will cause greater shrinkage and loss of fat and moisture.

* * *

To Prevent Lumps From Sticking.—When pressing curtains, add half a teaspoonful sugar and a quarter teaspoonful salt to each tub. Quite a spoonful of starch.

* * *

To Protect Grates.—To keep grates free from rust mix with blacklead a little turpentine and methylated spirit, equal parts of each.

* * *

Warmed Over Roast.—If a good portion of a roast is left over, soak it 30 minutes in cold water and then roast again for a short time. It will be like a fresh joint.

ARE YOU ONLY A 3/4 WIFE?

Men can never understand a three-quarter wife—a wife who is lovable for three weeks of the month—but a hell-cat the fourth.

No matter how your back aches—no matter how your head throbs—you simply don't take it out on your husband.

For three generations one woman has told another how to go through "Those Days" with Lydia E. Pinkham's Vegetable Compound. It helps Nature tone up the system, thus lessening the discomforts from the functional disorders which women must endure.

Make a note of it. Have a bottle of Pinkham's today. WITHOUT FAIL, from your druggist—and then a million women will be written in letters beyond number.

Why not try LYDIA E. PINKHAM'S VEGETABLE COMPOUND?

Wisdom Comes

After crosses and losses, men grow humbler and wiser.—Benjamin Franklin.

FEEL WEAK, TIRED?



Hagerstown, Md.—Peter P. Rigland, 427 Mechanic St., says: "I could hardly walk, many days I was so weak. Nervously sick and nervous and lost many pounds. I used Dr. Pierce's Golden Medical Discovery and in a few weeks my appetite was fine. It gave me a fine appetite and I gained weight and strength and was then able to work." Buy it from your druggist today.

Mind's Portrait

The countenance is the portrait of the mind, the eyes are its informers.—Cicero.

WORMS quickly removed from children or adults by using the famous remedy, Dr. Peery's "Dead Shot" Vermifuge. No castor oil or anything else is needed after taking "Dead Shot." 50c a bottle at druggists or Wright's Pill Co., 109 Gold St., New York, N. Y.

WNU—4 11—38

CONSTIPATED?

Many doctors recommend Nujol because of its gentle action on the bowels. Don't continue with unknown products.

Regular as Clock-work

Nujol

INSIST ON GENUINE NUJOL

The Old Man

THE reflected rays of the noonday sun flash from the panes of the great factory.

A siren sounds. The whir of machinery stops. It is the lunch hour.

From his office window the "Old Man" looks out at the smoking chimneys—across the tarred roofs of the far-flung plant whose products are shipped by rail and sea to every nation.

A boy brings a tray with a raw apple, a bottle of milk and some crackers. The "Old Man" is lunching at his desk.

As he watches the workers swarming out of the factory, he sees a crowd collecting at the gate.

Presently a man who is standing on a packing case begins to wave his arms. He is a swarthy little man with a black mustache. The "Old Man" can't hear what he is saying—but he can guess. The "Old Man's" salary was published in yesterday's newspaper. His income runs into six figures—more than the salary of the President of the United States.

The man speaking from the packing case is a professional agitator. It is his job to make the workers discontented with their lot.

"Soak the rich," he cries. He doesn't care how much the "Old Man" pays out in taxes.

"Down with capital!" he is shouting. "Down with the 'Old Man'!"

* * * *

At the fringe of the crowd a young man is eating a sandwich from his dinner pail. The "Old Man" recognizes the young man. He is the son of Charlie Pedersen, a foreman in the tool room. He has been studying mechanical engineering at night school.

Young Pedersen is not paying much attention to the man on the packing case. As he munches his sandwich he is thinking excitedly—"A salary like that is something to work for! The 'Old Man' started at the bottom just like me. It's ability that counts. I have ability. Some day my pay check will be as big as that!"

The "Old Man" *did* start at the bottom, and he is proud of it. Five thousand men and women work for the great company and he holds the helm. Their trust, their hopes are in his hands.

The "Old Man" never went to college, yet his laboratories are filled with graduates from the best schools in the land. His alma mater was a backwoods academy where he trudged through the snow in coppper-toed leather boots, McGuffey's Reader in his hand.

With most of the men and women who work for the company, "Old Man" is a term of genuine affection. They are puzzled when they hear the agitator on the packing case describe him as an octopus.

There are white-haired men on the pay roll who can remember way back when the plant was a little one-story building and the "Old Man" was a tow-headed boy who carried water for the workers.

* * * *

As the "Old Man" looks out the window he is not worried about the man on the packing case or what he is saying. He has met his kind many times before.

He is worried more about what is happening in America today and about the eager, bright-eyed son of Charlie Pedersen.

He is worried lest the sickness that has seized upon the rest of the world spread its infection through America; worried lest all the isms and insidious doctrines of alien places destroy our greatest heritage.

Land of the free, and home of the brave!

He thinks of Washington and Patrick Henry, of Jefferson and Lincoln.

He thinks of the thousands of brave Americans who have faced the wilderness, who have laid down young lives on Freedom's altar.

He thinks of his own father walking beside his creaking wagon, crossing the Alleghenies, with a rifle in his hand.

He thinks of his birthplace, an humble cabin on an Ohio farm chopped out of the hardwood.

He reviews his own life, from its lowly beginning to his present proud position in industrial America.

"Isn't the essential difference," he asks, "between this America of ours and all the polyglot nations of the earth, that this has always been a free land where men of ambition may scale the dizziest heights?" The social register of American business is filled with the names of men who came into the world with empty hands.

Is the man on the packing case right? What does he offer in exchange?

* * *

There must be bosses under any system. Isn't the better boss a man who has worked his way from the bottom to the top, a man who is a good boss because he understands the problem?

I would be too bad, the "Old Man" thinks, if the son of Charlie Pedersen should miss the opportunity that is his by heritage. It would be too bad if America should become like other countries, so regimented and politician-ruled that it would no longer be possible for a man to toil and climb and pluck the prime fruits of reward.

For then this country would cease to be—America, sweet land of Liberty.

Courtesy—Erwin, Wasey & Co., Inc.

Smiles and Sunshine

Most of us owe debts of gratitude to strangers whose kindly smile has sent sunshine into our aching hearts, and has given us courage to when we were disheartened. It is a great thing to go through life with a smiling face. Who can ever estimate its value!

Think how the pleasures of life would be increased if we met smiling faces everywhere—faces which radiate hope, sunshine, and cheer! What a joy it would be to travel in a gallery of living pictures radiating cheer, hope and courage. Who can estimate what beautiful, smiling faces mean to the wretched and the downcast—those whose life burdens are crushing them! Many of us carry precious memories of smiling faces which we glimpsed but once, but whose sweet, uplifting expression will remain with us forever.

Mind and Body

Cultivation is as necessary to the mind as food to the body.—Cicero.



Freight Barges on the Nile.

Nature and Man Have Contributed To the Marvels of the Dark Continent

Prepared by National Geographic Society, Washington, D. C.—WNU Service.

IN AFRICA are natural wonders which almost challenge belief. The Sahara, a vast waste of rock, gravel, and sand, is so big it would hold the entire continental United States. The reason it is a desert at all is, simply stated, that the wind blows in the wrong direction—from the dry heart of central Asia instead of from the moisture-giving ocean. The temperature changes so sharply at nightfall that travelers who have suffered in the blazing heat find themselves shivering under blankets.

This immense area of desolation served as a highly effective shield which long protected central Africa from overland exploration from the north.

The Zambezi river's Victoria falls—whose native name means "Smoke That Thunders"—are almost two and a half times as high as Niagara.

Lake Tanganyika is the world's longest fresh-water lake, and nearly Lake Victoria is larger in area than any of the five Great Lakes of North America except Superior.

The Nile is a river so long that it would reach from New York to far beyond the North Pole. The Emperor Nero sent an expedition to discover its source, but it failed and not until 1862 was it ascertained that the White Nile had its beginnings in the Ruwenzori mountains and huge lakes of the Congo-Tanganyika borderland.

Four Thousand Miles of Nile

From the source of the Kagera, which flows into Lake Victoria and which is the most remote of the feeder streams, Nile river water flows about 4,000 miles before reaching the Mediterranean. Heavy seasonal rainfall at the headwaters of the White Nile in the mountains of Ethiopia mainly causes the annual flood which has irrigated the fields of Egypt for countless centuries. The marvelous Nile drains a million square miles.

In its long and useful flow through desert lands the Nile loses so much moisture that only a feeble stream actually reaches the sea. In fact, at low water special dams help to keep the Mediterranean from flowing into the river.

Most of the enormous pyramids erected by long-vanished monarchs, modern men, through the enterprise of the British, have built along the Nile huge dams to harness it for irrigation and power projects. The Aswan dam, in Egypt, impounds more than five billion tons of water.

The long, dreary, almost even a larger area than the Nile and flowing through the heart of the continent, provides, with its tributaries, nearly 11,000 miles of navigable waterways where people and life seasonal variation in volume is less than that of Africa's other great rivers. Rapids and cataracts, however, make it inaccessible to ocean steamers.

The rocky barriers characteristic of African rivers, where they plunge toward the sea, long proved a tremendous obstacle to the exploration and development of the interior.

All Sorts of Natural Wonders.

A notorious obstacle to navigacy is the Niger, which rises within 150 miles of the Atlantic, yet flows for 2,600 miles before emptying into the gulf of Guinea. Its headwaters are raided by pirate rivers—short streams fed by heavy rainfall along the coast which cut deeper and deeper inland, year by year, constituting more and more of the Niger's watershed.

From elephants and gorillas to butterflies, there is no end to the wonder of Africa's natural life, still rich, although some of the most interesting species have been decimated by thoughtless hunting.

Besides "big game," there are termites that build "sentilits" the height of a small house; driver ants, that destroy every living thing in their path; tester flies, whose bite gives men sleeping sickness and dooms domestic cattle to sudden death; snakes that eject their venom, aiming for the enemy's eyes to blind him; trees that store up water to tide them over the dry season.

A man-made wonder is the world's deepest gold mine, near Johannesburg, the City Built on Gold." Down, down it goes to a depth of 8,300 feet—more than a mile and a half—in search of the precious yellow metal. Work was begun not long ago on an air-conditioning and cooling system for this abysmal maze of shaft sand passages.

An elephant trail through the wilderness, a traffic-filled street in a bustling city, the Pyramids, modern universities, professors, pygmies, whites and blacks and every shade between, a gasoline station in the desert, a motor car's honk, a hyena's laugh—all these are modern Africa.

Over it all, the lines of transport are being constantly improved and extended, as the European powers, which control all but a tiny stream actually reaches the sea. In fact, at low water special dams help to keep the Mediterranean from flowing into the river.

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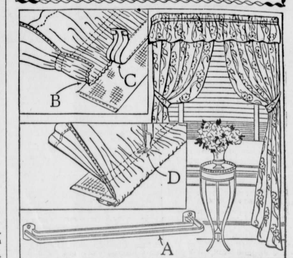
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An elephant trail through the wilderness, a traffic-filled street in a bustling city, the Pyramids, modern universities, professors, pygmies, whites and blacks and every shade between, a gasoline station in the

WONDERS of AFRICA

HOW to SEW

By RUTH WYETH SPEARS



Stitch a Shirred Valance to Buckram

PLANNING draperies is as exciting as planning a new frock. Color, fabric, suitability, style, all contribute the keynote of the whole room, and this is the time of year to be thinking about them. The chintz draperies with shirred valance shown here are dignified and yet charmingly informal. They are easy to make; they have the smart tailored effect that is usually obtained only by using a valance board, yet they are hung on ordinary double curtain rods of the type shown here at A.

The side drapes are made of full widths of the chintz and are hung on the inside rod with plain casings at the top. Cut the valance material the desired depth and twice as long as the space it is to fill after it is shirred. Hem the ends and bottom. Now, make a row of gathers along the raw edge at the top, another row 2½ inches below the first and a third row ½ inch below the second. Cut a piece of buckram 4 inches deep and as long as the outside curtain rod. Bind the ends of this strip. Place the shirred valance edge wrong side down on the strip of buckram as at B. Cut a casing strip wide enough for the rod to slip under it after the edges are turned, and place it over the valance edge as at C. Stitch the casing strip and the valance to the buckram as shown. Turn the valance over to the other side of the buckram and stitch through the other two rows of shirring as shown. Slip the outside curtain rod through the casing and the valance is ready to hang.

Are you in a rut about your curtains? Do you know the different methods that decorators use to give windows individuality? In her book SEWING for the Home Decorator, Mrs. Spears has told the whole story with sketches and text. Slipcovers, difficult dressing tables, and making of lamp shades, how to bring furniture up to date and many other technical problems are treated in this useful dollar saving book. Readers wishing a copy should send name and address, enclosing 25 cents (coins preferred), to Mrs. Spears, 210 So. Desplaines St., Chicago, Ill.

Dr. Pierce's Pleasant Pellets are an effective laxative. Sugar coated. Children like them. Buy now!—Adv.

Truth as a Sunbeam

Truth is as impossible to be soiled by any outward touch as the sunbeam.—Milton.

ETIQUETTE

TRADE MARK

It's bad etiquette to cough in public places. Take a Smith Brothers Cough Drop for pleasant relief. (Black or Menthol—5¢)

Smith Bros. Cough Drops are the only drops containing VITAMIN A in the Viomin that raises the resistance of the mucous membranes of the nose and throat to cold and cough infections.

FERRY'S SEEDS

Three Generations
Grandfather lost in Farm.
Father had a garden.
Son has a can opener.

The Useful Chicken

One person has said that the chicken is the most useful of all farm animals because "you can eat it before it is born and after it is dead."

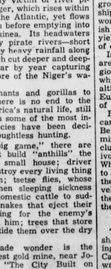
FREE 4 cups of GARFIELD TEA to show you the easy way to KEEP CLEAN INSIDE!

You'll like the way it eases you bad, overnight, to the feeling of "unity to go" flower and truits cleanse—aromatic flavor. Absolutely harmless—no habit forming drugs. If you have a sick headache, bad breath, or clouded tongue, caused by constipation due to CONSTIPATION Nature's self-starter, don't be discouraged." Try a good 25c of drugstore — or WRITE FOR FREE SAMPLES of Garfield Tea and Garfield Smoking Mixture. Given by GARFIELD TEA CO., Dept. 11 A, Brooklyn, N.Y.

CHEW LONG BILL NAVY TOBACCO 5¢ PLUG

Pure as a Mountain Stream

Oil purity . . . an objective achieved by Quaker State refineries. In four great, modern refineries . . . operating under the most exacting control . . . the finest Pennsylvania crude oil is freed of all trace of impurities, resulting in an oil so pure that you need have no fear of motor troubles from sludge, carbon or corrosion. *Acid-Free Quaker State* makes your car run better, last longer. Quaker State Oil Refining Corporation, Oil City, Pennsylvania.



Retail price 35¢ a quart

IT'S IN THE NEWS! There are two classes of news in these columns every week:

(1) Interesting stories about world all over the world, like the advertisements are news, and in many ways the most interesting of all, because they affect you more directly and personally than any other.

● A new and better method of refrigeration is developed and you learn about it through advertisements. Improvements are added to automobiles which can be depended on to make motoring more comfortable. Styles change in clothing—and advertisements rush the news to your doorstep. A cold threatens and the sufferer has a way to lower the price on his products—he advertises to tell you about the saving.

● You'll find that it pays to follow this news every week. Reading the advertisements is the sure way to keep abreast of the world's march. Learn of new comforts and conveniences . . . to get full money's worth for every dollar you spend.

DOAN'S PILLS

TIPS to Gardeners

Choosing Flowers

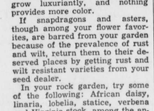
IF YOU want flowers that come into bloom early, plant seeds of nasturtium, Virginia stock, zinnia, sunflower, bachelor's button and alyssum.

Among the easiest flowers to grow are the nasturtium, alyssum and California poppy.

To achieve brilliant color in the garden with a minimum of effort, grow petunia and zinnia. They require some care early in the season, but once established they grow luxuriantly, and nothing provides more color.

If snapdragons and asters, though among your flower favorites, are barred from your garden because of the prevalence of rust and wilt, return them to their deserved places by getting rust and wilt resistant varieties from your seed dealer.

In your rock garden, try some of the following: African daisy, linaria, lobelia, statice, verbena and Virginia stock, among the annuals; and columbine, English daisy, forget-me-not and Iceland poppy, of the perennials.



BE SURE OF YOUR SEEDS

Your seeds need not be one of the uncertainties of gardening, thanks to the work of the unique Ferry-Morse Seed-Breeding Institute. Here's how the Institute's seed experts produce dependable, prize-winning Ferry's Seeds:

First—seed stocks are perfected by generations of breeding and selecting by the finest plant specialists in the country.

Second—every year, before Ferry's Seeds are packeted, 50,000 tests for germination are made—and samples are tested for purity.

Choose vegetable and flower seeds you can be sure of—from the Ferry's Seeds display in your favorite store. These seeds have been selected as suitable to your locality. At 5¢ a packet and up. Ferry-Morse Seed Co., Detroit, San Francisco.

The Color of Courage

By CHARLOTTE EDNA BOUTWELL
© McClure Newspaper Syndicate, WNU Service.

THERE were five of them sitting on the front porch. Great bunches of wisteria trembled and swayed in the breeze. But out in the street the merciless sun beat fiercely down.

Big Bob, as they called the eldest son of the family, was lounging back in the most comfortable chair the piazza afforded, reading the newspaper.

Aunt Sue, her gray hair framing her round placid face, rocked gently as she embroidered a pink dress for Edith, who sat, slim, silk-stockinged legs crossed, at her feet, on the top step of the piazza.

Warren, with his brown owlish eyes, was bending over a box of insects which he was examining with a microscope.

The twins, Annabel and Isabelle, were giggling loudly over a fashion magazine.

The front door opened and Mrs. Hinston came out. Her little, old face was framed in a black bonnet of the style of 20 years before. She stood before them, smoothing with nervous fingers the folds of her quaint, bright red dress.

"I'm just going down town," she said. "I must get some fruit for breakfast."

When Mrs. Hinston had gone, Annabel threw down her magazine.

"I think it's a disgrace," she said hotly, "the way mother dresses. She's about 20 years behind the times." (A giggle from Isabelle.) "Why, Mrs. Jenks across the street looks younger than her daughters!"

"And a red dress, too!" Edith added. "Imagine her going down town in it. A woman of her age!"

And so they talked, back and forth, with the merciless, cruel speeches of youth.

"Say, Edith, cut it out," yawned Bob.

Aunt Sue's cheeks were getting pinker and pinker. At last she laid down her sewing.

"I think," she said quietly, "that with a car and five young people on the porch, she wouldn't have to go to the house. But, then, she's never had much done for her."

"Why, Aunt Sue," they chorused, as if thus were news.

She turned her shining eyes upon them. "Let me tell you about a little girl I knew, the fourth in a family of children who lived in the unsettled regions of Canada. The children then had no toys, no books—nothing to play with in winter. The child I am telling you was named Edith—" (A gasp from Edith.) "A pretty name, isn't it? The name of the best loved mother I ever knew.

"Mary loved colors as much as life. They were life to her. She loved the pink of the apple blossoms, the red of the first ripe berries, the yellow of the baby's hair, the green of the new grass. But best of all she loved the scarlet of the poppies that blew among the field of rye.

"I remember once the minister told her that red was the color of courage and she loved it more. She always wanted a dress of it. But there were mothers and fathers to help educate, a mother to care for. It was this girl who made her own dress, and it was—folded her hands."

Aunt Sue's voice broke and the twins held hands tightly.

"This same girl waited until all had their chance. She married and had five children. When her baby was 1 year old the father died." (A little cry from Warren.)

"But this woman did not give up. She worked in a store, she took in washing and did all she could.

"She sent her oldest to college." (A groan from Bob.) "She sent her daughter to a business school." Edith raised a pitiful face.)

"She found a position in the botanical gardens for another son." (A cry from Warren.)

"She put one at still in high school. And all these years these feet have never faltered, those lips have never spoken a hopeless word. 'My children will be my staff in life,' she told me once. 'Their joy will color my life.' But this mother, with her love of colors, had little, that only two days ago she made herself a dress of crimson, out of old portieres dyed red.

"Oh, Mary, Mary! They are your cross, not your staff!' And the gray head lay upon the arm of the chair.

"Don't, Aunt Sue!" They comforted her, one and all, in their way. "We never knew."

"She shall wear red forever, if she wants," Edith said, brokenly. "Dear mother!"

"That thing is—" Aunt Sue lifted her head—"if red is for courage, she's worn any other color all her life—in spirit."

Suddenly there was a great cry from all of them. One would have thought a queen was coming up the walk. It was only a little woman, her arms filled with bundles, her face beaming softly about her as she walked!

Locating the Heart

The heart is located in the cavity of the thorax between the lungs, lying obliquely behind the lower two-thirds of the breastbone, with the base pointing upward, backward and toward the right, with the apex pointing downward, forward and toward the left.

Climate of Spitsbergen

Owing to the warm North Atlantic drift, the climate of Spitsbergen is less severe than in the corresponding latitudes of Greenland.

SHORT SHORT STORY

Complete in This Issue

Constipation indicates disordered stomach, liver and bowels. Wright's Indian Vegetable Pills restore regularity without griping. Reliable remedy for nearly a century. 25c a box at druggists or Wright's Pill Co., 109 Gold St., N. Y. City.

Sentinels of Health

Don't Neglect Them!

Nature destroyed the kidneys to do a certain work. Poisons in the blood must be eliminated or life ceases. Be careful to use only moderate diuretics. The act of living—life itself—causes tissue waste. Your kidneys must remove from the blood certain poisons. If they fail to do so, these poisons may cause trouble. You may suffer nagging backache, dizziness, rheumatic pains, headache, getting up nights, feel tired, nervous, all worn out.

Frequent, scanty or burning passages may be caused by other troubles. But if kidney disturbances are the cause, use Doan's, a diuretic stimulant to the kidneys. Doan's are recommended the country over. Insist on Doan's, find at all drug stores.

WHAT TO EAT AND WHY

C. Houston Goudiss Discusses PROTEINS—

The Foods That You Cannot Live Without

Eminent Food Authority Explains Why No Protein Means No Life—Describes the Kind and Amount Required for the Best Growth in Children—Good Resistance, Vigor and Endurance in Adults.

By C. HOUSTON GOUDISS
© East 39th St., New York.

FOOD is—and always has been—the central problem of life. But only in recent years has its true power been revealed, as a result of scientific investigation.

Fortunately, we now know what constitutes sound nutrition, and it is possible for every homemaker to plan meals that will enable her family to eat their way to health.



Topping the list of food essentials are the proteins. The Dutch chemist, Mulder, who hit upon this name, made a wise choice, for it means "to take first place." And certainly the proteins are first in importance. For they are the stuff of which our bodies are built. Without them, there would be no life.

Every man, woman and child has a fundamental need for protein, because it is an essential component of every living cell and makes up a large part of the solids of a muscle cell. Evidently, a great many of the glandular principles and substances, which control the functions of the body, are also protein in character.

Protein is the only food element that contains nitrogen, and next to water, nitrogen is the chief constituent of the human body.

Protein Builds Bodies.

A new born baby weighs, on an average, from 7 to 7½ pounds, and the adult into which it grows may weigh 20 to 30 times as much. The vast amount of tissue necessary to construct a man is built chiefly from protein.

Once the adult body is built, however, protein is not required for the growth of new tissues, except under certain conditions, such as during pregnancy, when the growth of new tissues, as well as the nourishment of cells which *each day cause to function.*

Thus, we see that protein performs two vital services—First, it builds new tissues; second, it repairs worn-out tissues.

The Building Stones of the Body.

Protein is found in many different foods, but unfortunately, not all proteins are equally valuable. That is because protein is a very complex substance, resulting from the union of 22 or more simpler substances containing nitrogen, and called amino acids. These are the true building stones of the body. Some protein foods may have only 7 amino acids represented in their substance; others may have as many as 15 or 16, and these also may be varied by the proportions of the kinds present.

Proteins Vary in Value.

Some of these amino acids are necessary to build new tissue; others will not build tissue, but are capable of repairing worn-out cells. Some protein foods are, therefore, more valuable to the body than others.

It is absolutely essential that the homemaker, charged with the responsibility of feeding a family, should be able to distinguish between those types of protein which are adequate for both growth and repair, and those that are only useful for maintenance.

For if the diet does not contain an adequate amount, or the right kind of protein, our bodies will be badly built and they will be improperly repaired and cannot wear well. As Dr. Eugene V. McCollum of Johns Hopkins university, the well-famous investigator and discoverer of vitamin A, has stated it: "Unless the right kinds, with respect to the size and shape, are furnished by the food proteins, the exact pattern on which the muscle must be constructed cannot be formed and, in this case, growth is interfered with."

If you were building a house you would consider nothing less than the finest materials. You would know that cheap lumber and poorly made bricks could not produce a lasting building. In the same way, you must learn to discriminate between the various types of protein used for the supremely important purpose of building your children's bodies, or keeping adult physiques in perfect repair.

Some foods cost more than others and you should not be guilty of spending hard-earned money for expensive protein foods when the same amount of nourishment could be more economically obtained from an inexpensive source.

Where to Find Protein.

Proteins are found in many different foods, but unfortunately only a limited number of foods supply proteins containing all the amino acids necessary for both growth and repair. Proteins that will build new tissue, as well as replace worn-out cells, are known as complete proteins. In this class we have meat, fish, cheese, milk, eggs and some nuts.

Other proteins are adequate for repairing worn-out tissue, but will not support growth. Such incomplete proteins are found in grains and products made from them, and in the legumes—that is peas, beans, lentils and peanuts.

The proteins of these foods are of high nutritive value, however, and when supplemented with other proteins, such as those of milk, will meet every bodily requirement.

How Much Protein?

The protein requirement varies according to size, age, and the kind of protein foods consumed.

To allow for growth, children require twice as much protein per pound of body weight as adults. That is to say, an adult requires daily one-fortieth of an ounce for each pound of body weight; but a child needs one-fourth of an ounce for each pound of body weight.

The amount of protein food should usually constitute from 10 to 15 per cent of all the calories taken. If this plan is faithfully followed, there will be more than enough to take care of every requirement, because experiments indicate that a man who weighs 154 pounds, or 70,000 gr. ns, needs a minimum of 44 grams of protein every day.

Eskimos eat two or three times as much protein as most dwellers in the temperate zone, but that is because other foods are scarce. In the tropics, on the other hand, the consumption of protein is often not more than half that of the temperate zone.

An Adequate Protein Ration.

Milk and eggs are among the finest forms of protein, and they should have an especially important part in the diet, not only of the growing child but of invalids, prospective mothers, and the mother who is nursing a baby. If the choice must be between milk and eggs, milk should have first place because it is usually cheaper in proportion to the food value it supplies.

In planning a family dietary, a safe rule to keep in mind is to include in the daily diet: a quart of milk for every child, a pint for each adult; one egg, one serving of meat, fish or chicken, one serving of another protein food such as cheese, dried peas or beans, or a main dish made with nuts.

You can achieve wide variety and still provide an adequate protein ration within the limits of this rule. For milk may be served as a beverage, in soups, puddings, and as cream sauce. Eggs may likewise be varied in their method of preparation, or concealed in other foods. There are many fine meats, and the number of ways in which fresh, canned, frozen or dried fish can be served is legion.

Both cheese and nuts make sandwiches, salads and desserts, as well as main course dishes. Peas, beans and lentils can appear as soup, mock roast or croquettes. Grain products, which include cereals, macaroni and bread, may appear in any course in the meal.

In planning menus, always keep before you the ideal that an adequate amount of first class protein makes a first class man, whereas an inadequate amount may lead to stunted growth, functional nervous diseases, lessened efficiency and the earlier approach of old age.

In choosing proteins to feed your family—remember that they take first place among foods, and that upon their wise choice rests your future welfare, your destiny —your life!

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When Rossini Sneered at Wagner's Opera

Recalling an occasion when Arnold Schonberg, "impressionistic" composer, came to London to conduct a Schonberg program with "explosive" results, Sir John Squire is reminded of Rossini being taken by friends to hear an opera by the new marvel, Richard Wagner. The dialogue, after the show, ran like this:

Disciples—What did you think of it, Master?

Rossini—I don't think it would be fair to express an opinion without hearing it a second time.

Disciples (eagerly)—And when are you going to hear it a second time, Master?

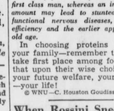
Rossini (emphatically)—Never!

Polishing Ethics—Pro and Con

When fine furniture leaves the shop of the manufacturer, its finish has been professionally treated, to preserve its beauty—prolong its endurance. And from that time on, this furniture is best maintained by a quality light-oil furniture polish—first, on the shop floor of the furniture dealer—and then in the home. This is acknowledged and accepted as the best way to heighten its beauty—lengthen its life! But unfortunately, many housewives coat the finish of their furniture and woodwork with various shellacs and veneers—using them as a substitute for a fine oil polish and rubbing. And what a great mistake this is! For these coatings form a false finish over the true finish of the furniture; and rosin and other destructive elements in them dry out the wood—toughen it—leave a sticky residue. When many layers have been applied, they accumulate as a crust over the finish, clogging it and clouding the natural beauty of the grain. This is the slack way to care for furniture. If the home-maker really "cares for" her furniture, she will frequently rub on a reputable light-oil polish, to preserve it—keep it lastingly lovely!

Housecleaning? NOTHING TAKES THE PLACE OF O-CEDAR FOR FURNITURE

More women use O-Cedar Polish and Mops than any other kind—for furniture, woodwork, floors.

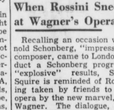


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For Your Scrapbook

THIS issue contains the second of a series of articles entitled "What to Eat and Why," written by the noted food authority, C. Houston Goudiss.

In these articles, which appear weekly in this newspaper, Mr. Goudiss discusses in a clear, interesting and understandable manner the everyday problems of food as related to the building and maintaining of health in children, young people and adults, as well.

Mr. Goudiss, author, lecturer and radio speaker, is known throughout the country as the man who knows food "from soil to serving, from table to tissue."

The homemaker will want to clip and save each one of these articles for the valuable information that is contained therein.



How Pepsodent with IRIUM gets Teeth Far Brighter

Remarkable Irium contained in Pepsodent Paste and Pepsodent Powder ONLY!

● Just as a cloud can hide the light of the sun—so, too, the natural radiance of your teeth often becomes *hidden* by masking surface-stains.

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Pretty Things for Easter



THESE three dresses are up high on the list of fashion's favorites, and you can easily make them at home by using our simple, easy-to-follow patterns, each accompanied by a complete and detailed sew chart. Start right now, for even if there's a shiver in the air at this moment, Easter is not very far off! And you'll want to be ready!

Dress With Lifted Waistline.

This is a very, very popular fashion because it makes you look so slim and graceful, what with the waistline high in front, and soft gathers above it, the gently flaring skirt. Made up in a pretty print or silk crepe, it will be lovely for Easter and for all Spring. Be sure to wear a bunch of flowers at the neckline.

A Jumper Frock for Girls.

This is one of the sweetest and most becoming styles ever invented for girls of school age, just the time they begin to shoot up so fast that you can almost see them grow! Make the jumper of linen, gingham or percale, and why not make two or three blouses to go with it? One of linen, one of dimity, and one of organdie.

Everybody Likes Dirndl Frock.

The square neckline, the full rippling skirt and tight little waist, are so flattering to slim figures! Here's a charming dirndl with just the right air of quaintness and freshness about it. Choose a gay flowered print, or a cheerful plain color, pale or bright. But be sure, whether you make it up in silk or cotton, to choose a crisp fabric so that the skirt will flare as it should.

The Patterns.

1481 is designed for sizes 14 to 42 (32 to 42 bust.) Size 16 (34) requires 3⅞ yards of 39-inch material.

1996 is designed for 6 to 14 years. Size 8 requires 1¾ yards of 39-inch material for the jumper; 1⅝ yards for the blouse. Also 2¾ yards of bias facing for neck and armholes of jumper.

1480 is designed for sizes 12 to 20 (30 to 38 bust). Size 14 (32) requires 3¾ yards of 39-inch material, plus 1¼ yards of ribbon for belt and 3¼ yards of braid or ribbon for trimming.

Spring-Summer Pattern Book.

Bell Spring and Summer Pattern Book which is now ready. It contains 109 attractive, practical and