"Quotations"

The friendship of the world ought to be a "pearl of great price," for its cost is very serious.—*John Foster.*

Crime has its heroes, error has its martyrs; of the true zeal and the false what vain judges we are.—*Voltaire.*

It is more difficult, and calls for higher energies of soul, to live a martyr than to die one.—*Horace Mann.*

In every country there is a general soundness and the people, when you know and understand them, are admirable.—*John Erskine.*

The thing that murders our happiness more than anything else is worry.—*John Cowper Powys.*

Moral Contagion

"Every individual who breathes a word of scandal is an active stockholder in a society for the spread of moral contagion."—William George Jordan.

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 loudly your nerves scream—don't take it out on your husband.

For three generations one woman has told another how to go "smiling through" 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 NOW to get a bottle of Pinkham's today WITHOUT FAIL from your druggist—more than a *million* women have written in letters reporting benefit.

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

Early Robot

In 1738 Vaucauson made an artificial duck which could imitate many of the functions such as eating, drinking and quacking.

Cleanse Internally and feel the difference!

Why let constipation hold you back? Feel your best, look your best—cleanse internally the easy tea-cup way. GARFIELD TEA is not a miracle worker, but a week of this "internal beauty treatment" will astonish you. Begin tonight.

Write for FREE SAMPLE GARFIELD TEA CO. Dept. 14 Brooklyn, N. Y. (*At your drug store*)

GARFIELD TEA

Reckon Often

Even reckoning makes lasting friends; and the way to make reckonings even is to make them often.—South.

DETOUR DOGS "BLACK LEAF 40" Keeps Dogs Away from Evergreens, Shrubs etc. Get from your Dealer ©1936 Use 1½ Teaspoonful per Gallon of Spray.

Rarer Yet

"As rare as is true love, true friendship is rarer."—LaFontaine.

Watch Your Kidneys!

Help Them Cleanse the Blood of Harmful Body Waste

Your kidneys are constantly filtering waste matter from the blood stream. But kidneys sometimes lag in their work—do not act as Nature intended—fail to remove impurities that, if retained, may poison the system and upset the whole body machinery.

Symptoms may be nagging backache, persistent headache, attacks of dizziness, getting up nights, swelling, puffiness under the eyes—a feeling of nervous anxiety and loss of pep and strength.

Other signs of kidney or bladder disorder may be burning, scanty or too frequent urination.

There should be no doubt that prompt treatment is wiser than neglect. Use *Doan's Pills. Doan's* have been winning new friends for more than forty years. They have a nation-wide reputation. Are recommended by grateful people the country over. *Ask your neighbor!*

DOAN'S PILLS

WNU—4 14—38

GET RID OF PIMPLES

New Remedy Uses Magnesia to Clear Skin. Firms and Smooths Complexion—Makes Skin Look Years Younger.

Get rid of ugly, pimply skin with this extraordinary new remedy. Denton's Facial Magnesia works miracles in clearing up a spotty, roughened complexion. Even the first few treatments make a noticeable difference. The ugly spots gradually wipe away, big pores grow smaller, the texture of the skin itself becomes firmer. Before you know it friends are complimenting you on your complexion.

SPECIAL OFFER —for a few weeks only

Here is your chance to try out Denton's Facial Magnesia at a liberal saving. We will send you a full 6 oz. bottle of Denton's, plus a regular size box of famous Milnesia Wafers (the original Milk of Magnesia tablets)... both for only 60c! Cash in on this remarkable offer. Send 60c in cash or stamps today.

DENTON'S Facial Magnesia

SELECT PRODUCTS, Inc. 4402—23rd Street, Long Island City, N. Y. Enclosed find 60c (cash or stamps) for which send me your special introductory combination.

Name ....

Street Address ....

City .... State ....

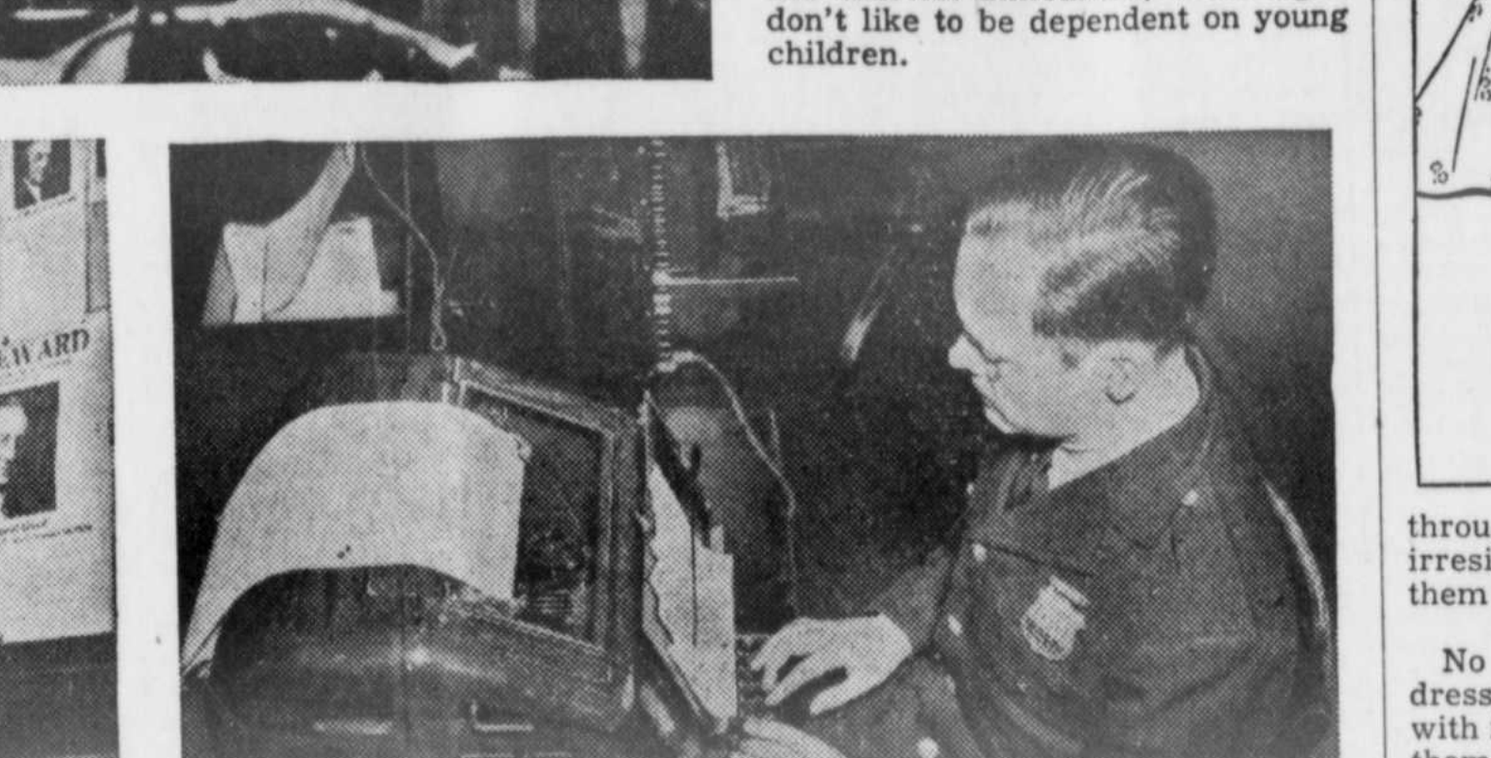
MAIL THIS COUPON NOW

30,000 New Yorkers Drop From Sight Yearly, But Bureau of Missing Persons Locates Them





Patiently developed files aid in locating missing persons. A detective is assigned to check bodies removed to the morgue against the list of those reporting missing.



An alarm is sent via teletype machine for a newly reported missing person, and the message is received simultaneously in every police station in New York city.

Amnesia, Fear, Love and Marital Difficulties Among Causes

New York.—"Please find my husband" is an oft-repeated cry at New York's bureau of missing persons, which locates all but 1,500 of the 30,000 people who disappear each year. During 1936, for instance, 28,000 New Yorkers vanished suddenly and 5,000 out-of-towners were reported missing. Only 1,600 were still unreported by the end of the year, while 200 more were known to be deceased. Children vanish for dislike of school, fear of the truant officer, love of adventure or . . . just because it's spring. Adults flee marital difficulties, while aged don't like to be dependent on young children.

Giving New Color to Dreary Room

By BETTY WELLS

Our Nellie is a lady, but she's blonde and very much alive. Right now she's thrilled to pieces over what she's been doing with her house.

Take that back hall, for instance. An insipid looking spot it was, mostly doors with just one decent wall space. Nellie papered it with silver paper (it didn't take so much because of the small amount of wall space, so she could afford metallic paper even at the higher per-roll figure). Then she painted the woodwork—don't gasp—brilliant Chinese red. And did that nondescript little room sit up and take notice! It really acquired personality and poise all in the same breath and was literally "furnished" with color, which was important since there really wasn't much space for furniture. Of course, this room required a bit of living up to as far as the adjoining rooms were concerned.

The guest room in pale greens and grays got the loveliest cretonne, yards and yards of it so flowered that it really seemed fragrant. And the ground color of this cretonne was white with splashy red flowers for its design.

© By Betty Wells.—WNU Service.



Lynn Bari, Twentieth Century-Fox starlet, wears a red, gray and black plaid wool dress under a matching tweed coat of gray and red. Epaulet pockets and cuffs, belt and collar of red suede on the coat are matched by the narrow red suede band on the mannish black felt hat.

TONIGHT'S BEDTIME STORY

By THORNTON W. BURGESS

OF COURSE, you know what a plot is. It is a plan, a secret plan, usually. Sometimes a plot is very, very nice, as when you plan to give someone a very pleasant surprise. But a dark plot is a plan to bring trouble to someone. Reddy and Granny Fox are great plotters, and their plots are always dark. Old Man Coyote is an even greater plotter, and his plots are just as dark. Very sly and very crafty are Reddy and Granny Fox, but just a little more sly and a wee bit more crafty is Old Man Coyote. That is one reason Reddy and Granny are afraid of him.

So when he came out and told them how foolish they were to quarrel with Redtail the Hawk over Peter Rabbit, because as long as he stayed under the big pile of brush where he was hiding he was safe, and how much better it would be if all four of them agreed upon a plan which he had and which he was sure would result in Peter being caught by one of them, they looked at him suspiciously. But Old Man Coyote's tongue is very smooth, very smooth. He said that he had a plan which would give each an equal chance to catch Peter Rabbit and which would surely give one of them a good dinner. Reddy and Granny and Redtail thought it over a little while and then they agreed. They themselves couldn't think of any way by which they could reach Peter, and they knew how very smart and crafty Old Man Coyote is.

Old Man Coyote turned his head aside to hide a grin as he prepared to tell the others what his plan was. "It is very simple," said he. "There are four of us, and there is only one pile of brush. I will hide where I can watch one side; Reddy Fox will hide where he can watch another side; Granny Fox will hide where she can watch another side; and Redtail will watch from a tree on the fourth side. All we have to do is to be patient. Peter will get hungry by and by.

"There is nothing to eat under that pile of brush, and after a while he will just have to come out. If we all pretend that we have given up trying to catch him and start off just as if we were really going away, he will think that we really have gone. Then when he feels quite sure that the way is clear he will come out to try to get home to the Old Briar Patch. He is just as likely to come out one side as another, and so each has just as good a chance of catching him as the others. I am quite willing that you shall decide between you which sides you will watch, and I will take the one that is left. Now, what do you say?"

It certainly sounded like a very simple and perfectly fair plan, and they all agreed that it was worth trying. Reddy and Granny Fox winked at each other very slyly



"It is very simple," said he. "There are four of us, and there is only one pile of brush."

and each understood what that wink meant. If Reddy should catch Peter he would divide with Granny, and if Granny should catch Peter, she would divide with Reddy. In that way each felt sure of two chances for a rabbit dinner to one chance for each of the others. If Old Man Coyote saw that wink, he didn't let them know it. He just sat down and politely waited for the others to decide which sides they would watch. When at last they had agreed, all four pretended to give up the hunt for Peter and started off as if they really intended to leave Peter alone.

And all the time underneath the big pile of brush poor Peter Rabbit sat with his heart going pit-a-pat listening with all his might to hear what he could of Old Man Coyote's dark plot. He couldn't hear it all, but he heard just enough to make him feel sure that when they pretended to give up and go away they really had done nothing of the kind. What should he do? What could he do?

© T. W. Burgess.—WNU Service.

AMAZE A MINUTE

SCIENTIFACTS ~ BY ARNOLD





All This Effort— Then No Race!!!

London.—Training hard for their annual race against the ladies of Cambridge, the Oxford women's crew is shown here during a recent workout on the Thames. The photograph presents an interesting study in varied expressions. Later the Cambridge women announced they can't muster a crew this year. So the race is off!

James Roosevelt, Son of F. D. R., Is 'Grand Vizier of Loose Ends'

He has been called "Grand Vizier of the Loose Ends," and that title is quite appropriate for James Roosevelt, 30-year-old son of the President, whose job is to act as coordinator of the independent government agencies. Since January, 1937, he has been at his father's right hand almost every day, lifting a burden from the elder Roosevelt's shoulders and helping to simplify presidential problems.

James Roosevelt is a Massachusetts resident who married a Boston girl after he left Harvard and went into the insurance business. That business has been very successful; young Roosevelt is now independently wealthy.

Although he is being boomed for state treasurer of Massachusetts this year, Roosevelt will undoubtedly stay in Washington where he reports at the presidential bedside each morning at 9:30 o'clock after an hour's work in his office nearby. From then until 6:30 p. m., quitting time, he has a constant stream of visitors, departmental and bureau heads whose joint problems he coordinates and simplifies for presidential consideration.

He is also a miniature Jim Farley, taking an active hand in state politics while his father pursues his current "hands-off" policy. His recent visit to Florida resulted in such a development.

He contacts the public in other ways. Roosevelt became a lieutenant colonel in the marine reserves late in 1936, to aid his father on the South American trip. Recently he joined the marines in spring training.

His future is problematical, but it will undoubtedly be political in nature.

Smart Fashions for Daytime in Spring

A CHARMING basque frock for growing girls, and a house-dress for large figures, both smart and becoming, both easy to make. Even if you've done very little sewing, these patterns are easy to follow. Each one is accompanied by a complete and detailed sew chart. And a tour



through the shops will show you irresistible new fabrics to make them up in.

Basque Dress for Girls.

No wonder girls love a basque dress like this! The fitted waist with its basque point in front gives them such a grown-up feeling. The full skirt, square neckline and puff sleeves are so becoming. Make this dress up for your daughter in taffeta or silk crepe in time for Easter, and later on in printed percale or dimity.

Large Women's Dress.

The diagram shows you how easy this dress is to make, and it fits to perfection. Notice the raglan shoulder line, the waistline snugged in by darts. The roll collar, with the smart little tab in front, is very soft and becoming. Very comfortable to work round the house in, this dress is sufficiently tailored so that you can go shopping in it, too. Make it up in percale, gingham, broadcloth or tub silk.

The Patterns.

1491 is designed for sizes 6, 8, 10, 12 and 14 years. Size 8 requires 2⅛ yards of 39-inch material, plus 1¼ yards of bias fold to finish the neckline and sleeves.

1395 is designed for sizes 36, 38, 40, 42, 44, 46, 48, 50 and 52. Size 38 requires 3⅝ yards of 39-inch material. For contrasting collar, ⅝ yard, cut bias.

Spring-Summer Pattern Book.

Send 15 cents for the Barbara Bell Spring and Summer Pattern Book which is now ready. It contains 109 attractive, practical and becoming designs. The Barbara Bell patterns are well planned, accurately cut and easy to follow. Each pattern includes a sew-chart which enables even a beginner to cut and make her own clothes.

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.

© Bell Syndicate.—WNU Service.

TIPS to Gardeners

Combinations

TO INCREASE yield from the vegetable plot, the home gardener should grow "combined cultures."

The theory is to plant in closely spaced adjacent rows vegetables harvested at widely different times, using one before the other begins to mature.

Combine cauliflower, lettuce and radish, for instance. Plant cauliflower early in rows three feet apart. Between the rows plant lettuce, and between lettuce and cauliflower rows plant radish. Radishes are harvested early, then the lettuce, and later the cauliflower.

Following are several other combinations recommended by Harold Coulter, Ferry Seed Institute vegetable expert:

Carrots and parsnips in alternate rows two feet apart; radishes between first two rows; lettuce between second and third rows, and spinach between third and fourth rows.

Spinach rows two and one-half feet apart; radishes between spinach; pepper plants set between spinach when radishes are pulled.

CHEW LONG BILL NAVY TOBACCO 5¢ PLUG

Let's go to town —at home!

NO TELLING what tomorrow's weather may be. It fools the best forecaster. But we *do* want chintz for the windows. We *do* need a carpet sweeper, a new percolator, and a new end-table in the living-room. And we *don't* want to slosh around rainy streets to hunt them. Problem: How to thwart the weather man. Simple enough! Let's sit down by the fireplace and read the advertisements. Here it's comfortable and snug. We'll take the newspaper page by page, compare prices, qualities, brand-names. Tomorrow, rain or shine, we'll head for the store that has what we want, and be home again in a jiffy.

● "Buying at home"—through the advertising columns—gives you wide selection, more time to decide, and satisfaction when you decide.

● MAKE IT ONE OF YOUR PLEASANT HABITS!

CLASSIFIED DEPARTMENT

CHICKS

CHICKS 8c and Up. Eight popular breeds and crosses. Started chicks; also Ducks and Poults. Hatches twice weekly. MILFORD HATCHERY, Milford Road nr. Liberty Rd., Pikesville, P. O. Rockdale, Md. Pikesville 36-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. Koch's Poultry Farm and Hatchery, Box 10, Beaver Springs, Pa.

Barron White Leghorn Chicks $7.50 100, also B. Rocks and N. H. Reds. WHITE LEGHORN FARMS, RICHFIELD, 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.

BABY CHICKS C. O. D.
From Selected Blood-Tested Flocks

PRICES ON	25	50	100
S. C. White Leghorns	$2.00	$3.50	$6.50
Barred Plymouth Rocks	2.25	4.00	7.50
White Plymouth Rocks	2.25	4.00	7.50
White Wyandottes	2.25	4.00	7.50
New Hampshire Reds	2.25	4.00	7.50
White Leghorn Pullets	3.75	6.50	12.00
White Leghorn Cockerels	1.25	2.00	3.00

100% Live Delivery and 90% Sex Guaranteed. HECLA POULTRY FARMS, Box 115, Bellefonte, Pa.

QUALITY CHICKS

	100's	500's	1000's
Wh. & Br. Leghorns, Anconas	$7.75	$36.50	$70
White & Barred Rocks & Single Comb Reds	8.50	40.00	75
White Wyandottes and Hampshire Reds	9.00	42.50	80
Wh. & Blk. Giants, Wh. Black, Buff Minorcas, Buff Orpingtons, Light Brahmas	12.00	57.50	105
Bronze Turkey Poults			40c each

Heavy Assorted, $7.00 per 100. Light Assorted, $6.50 per 100 (Grade A.A. Chicks 2c ea. higher) All Breeders Blood tested. $1.00 books your order, balance C. O. D. If cash in full is sent deduct 5%. 25 to 10,000 can be shipped with one order. Catalog chicks. *May and June prices 1 cent less per chick* EPHRATA HATCHERIES BOX 1012, EPHRATA, PA.

$3.00 Per 100 Postpaid. *Why not Turn Pennies into Dollars?* FAST GROWING DAY-OLD COCKERELS ● Nothing better for profits in quick-growing fryers and broilers. No cheaper meat for your own table. LARGE-TYPE Leghorns EXCLUSIVELY. Hatches weekly. Over 700,000 have been sold. Order from this advertisement, or write for literature. No C. O. D. shipments at this low price. *Quality and Safe Arrival Guaranteed to Your Post Office.* Special Prices on Day-old CHICKS and PULLETS. W. B. HANNA, *Farm Manager* 400 Walnut Road :: Centre Hall, Pa.

RARE BREEDS

RARE, FANCY, ORNAMENTAL Varieties of Poultry. Polish, Hamburgs, etc. Prize winners at all leading shows. Waterfowl Specialists. STOCK—EGGS AND CHICKS IN SEASON. WRITE YOUR WANTS. HOMESTEAD FARMS, McGraw, N. Y.

OPPORTUNITY

$1 Value —BOTTLE TRIPLE STRENGTH VANILLA | PERCALE APRON ORGANDIE TRIMMED 75c Value. Both for 99 cents. Desert Sample Free—Agents Wanted. BOB COOK PURE FOODS 2944-A West Lake Street, Chicago, Illinois

HOTELS

In NEW YORK HOTEL YORK 7th AVE. at 36th ST. From $1.50 Per Day SINGLE $2.50 Per Day DOUBLE. Large, Airy Rooms. FIREPROOF—NEWLY DECORATED. • *Opposite Macy's* Near Pennsylvania Station

FLOWERS

10 GIANT DAHLIAS, $1.00. Final Offer—8 to 12-in. blooms. Labeled. Hathor, Ivory, Hercules, Canteen, Alight, Fontaine, Bluejay, Regal, Grizzly, Mist. 65 Gladiolus—Jumbo size, no two colors alike. Ruffled and orchid flowering, $1. Dahlia-Glad-Acres, D. 9, Middlebourne, W. Va.

TREES, SHRUBS, ETC.

RHODODENDRON, KALMIA, AZALEA, hemlock, maples, 3-5 ft., $10.00 dozen. Aaron Watson, Deepgap, N. C.

INDIAN ARROW HEADS

SEND $1.00. I Will Mail Prepaid 20 nice arrow-heads. F. V. Linker, Danville, Pa.

CANARY BIRDS

CANARY BIRDS WANTED. Will buy any quantity. State how many you want to sell. Will pay Males $2.00 to $3.00. Females 40c to 60c. AMERICAN BIRD CO. 1208 WALNUT ST., PHILADELPHIA, PA.

Ask Me Another

● *A General Quiz*

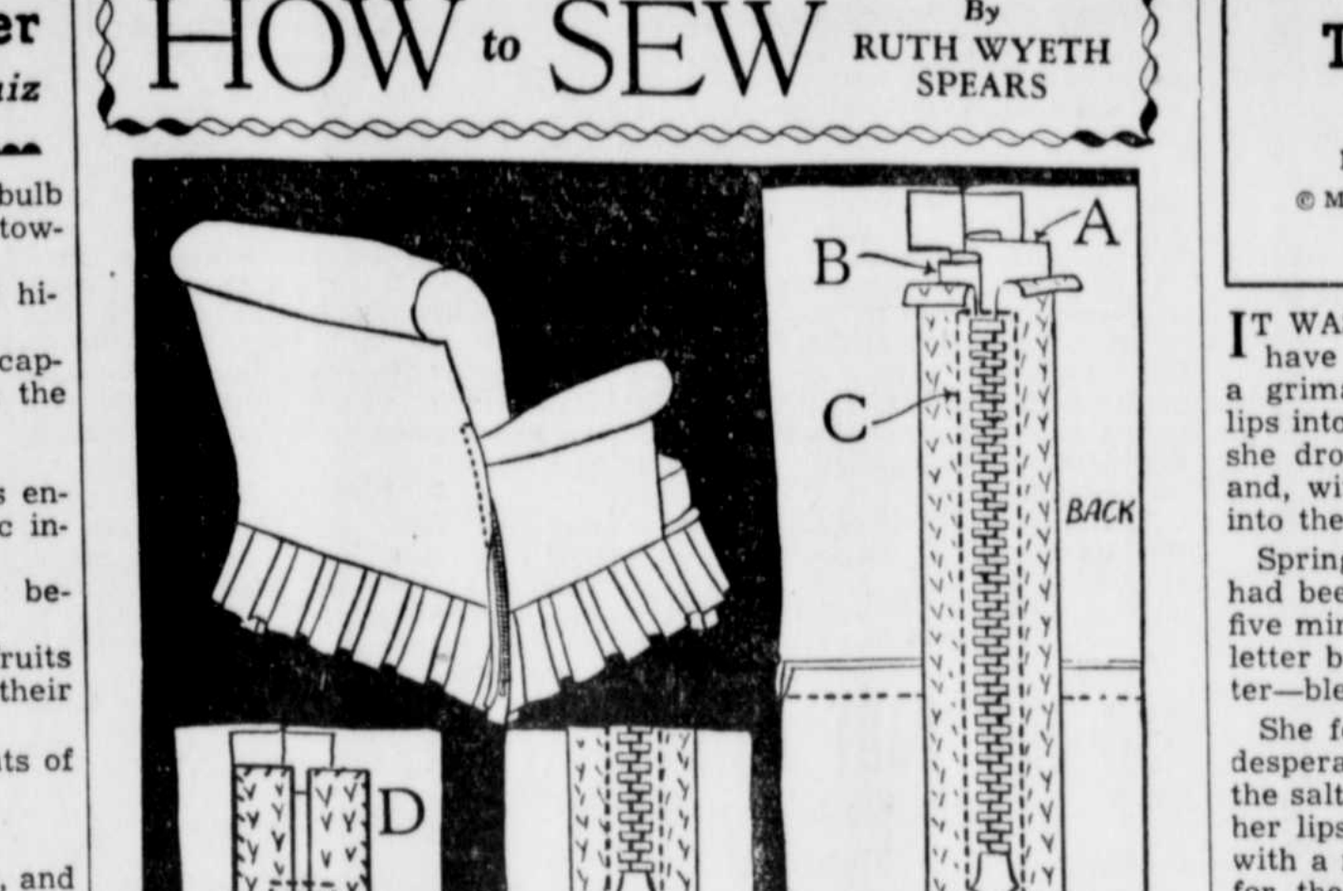
1. How many watts in the bulb on top of the Edison Memorial tower?
2. Do animals grow during hibernation?
3. What is the average per capita savings of inhabitants in the United States?
4. Does all ice float?
5. What per cent of persons enrolled in schools attend public institutions?
6. What is the difference between green and black tea?
7. Can X-rays be used on fruits and vegetables to determine their soundness?
8. How many of the elements of the universe are unknown?

The Answers

1. The bulb is of 5,200 watts, and is 14 feet high.
2. They do not grow. All body activity is at low ebb.
3. In the year ended June 30, 1937, it was $191.
4. Ice that sank resulted when Harvard scientists recently froze water under a pressure of 30,000 pounds to the square inch. Ordinary pressure is only 14½ pounds.
5. Approximately 90 per cent of all persons enrolled in school go to public educational institutions and 10 per cent of them go to private schools.
6. The difference is not in the tea plant but in the processing method. The leaves selected for black teas undergo a fermentation which changes their color and flavor. Leaves for green tea are dried without being fermented.
7. It has been found that oranges, apples, potatoes and other fruits and vegetables may be sorted by X-ray. The method has already been started in the Florida citrus fruit belt.
8. Only one of the ninety-three elements in the universe is unknown. Element No. 87 is worth $4,000,000 a pound.

HOW to SEW

By RUTH WYETH SPEARS



Slide Fasteners for Slip Covers

IF YOU have slip covers made by an interior decorator and you go in for such niceties as slide fasteners or welted or piped seams the bill goes up and up. If you make the covers yourself all these "extras" amount to very little either in time or money. In fact slide fasteners require less time than a closing with snaps.

Plan the closings for a slip cover during the final fitting when the seams have been basted but not stitched. Sometimes one short placket is all that is needed. Again openings must be left at several points so that the cover will slip on easily.

To apply a slide fastener to a seam placket, turn the slip cover inside out and crease the seam open. Cut a facing strip 1¼ inches wide and 1 inch longer than the opening. Join the facing strip to the back edge of the opening as shown at A. Slash the front of the seam edge ¾ inch above the top of the opening and crease it over the back facing as shown at B. When the edges of the opening have been prepared in this way, press the edge creases with a hot iron. Next, baste and stitch the fastener in place as at C sewing close to the metal. The machine cording foot is useful for this purpose. Do not trim away the tape at the ends of the fastener. Whip the upper ends down as at D, and cover the lower ones with the hem as at E.

NOTE: If you are making new slip covers or curtains or doing other Spring sewing you will want a copy of Mrs. Spears' book SEWING for the Home Decorator. Forty-eight pages of illustrated directions for making curtains for every type of room; dressing tables; lampshades, and numerous other articles used daily in the home. Send name and address, enclosing 25 cents (coin preferred) to Mrs. Spears, 210 So. Desplaines St., Chicago, Ill.

Chair Set of Filet Crochet



Pattern 5975.

"Such lovely lace!" your friends will exclaim and they'll never guess how little it cost! You'll want to gather up crochet hook and some string and begin at once on this charming chair or buffet set and pillow to match.

Quickly and easily done in filet crochet, the peacocks and roses are prettily "set off" by an open mesh. Practical—lasting—exquisite, the chairback may be repeated and used as scarf ends. They all make splendid gifts. In pattern 5975 you will find complete instructions and charts for making the set and pillow top shown; illustrations of all stitches used; material requirements.

To obtain this pattern send 15 cents in stamps or coins (coins preferred) to The Sewing Circle, 259 W. 14th St., New York City.

Mistake-O-Graph Answers

1. Question mark on banner.
2. Telephone has no receiver.
3. Lower section of bay window is night, upper is daylight.
4. Flower appears in golf bag.
5. Picture of Rover just shows leg and tail.
6. Nail in wall does not support picture.
7. Singer's head appears from speaker of radio.
8. Chair is floating in the air.
9. Mirror on bureau is not attached to supports.
10. Lamp plug is not connected, yet lamp is lit.
11. Cane in bouquet of flowers.
12. Bear rug is growling.
13. Gentleman has evidently forgotten to shave.
14. Bear skin is spotted.
15. Gentleman is wearing odd socks.

Smiles

Time Out

"I learned to play the piano in no time."

"Yes—So I hear. Regardless of time."

According to a statistician, the average faily consists of three and one-eighth persons. The fraction, presumably, is father?

Memorable Day

Judge—Rastus, your wife complains that you never work. How about it?

Rastus—Ask her what Ah was doing de second Toosday in July last yeah.

Weather Forecast

"When we're married, darling, all will be sunshine. The dark clouds will roll by, the blue skies—"

"Say, has your bunion stopped hurting you?"

"It's Better!"—say Millions about Pepsodent with IRIUM



BOTH Pepsodent Tooth Paste and Powder contain marvelous Irium

● Millions everywhere are singing the praises of Pepsodent containing Irium to get teeth far brighter!

It is wonderful Irium that helps Pepsodent gently brush away stubborn, clinging surface-stains that *hide* the natural brilliance of your teeth... just as a cloud will hide the light of the sun. With these ugly surface-stains *gone*, your teeth reveal the lovely, gleaming radiance they *naturally* should have!

And Pepsodent with Irium works SAFELY—because it contains NO BLEACH, NO GRIT, NO PUMICE. Try it!

Mistake-O-Graph



All dressed up and no place to go might well be the title of this inspiring scene. The importance of the occasion, we fear, must have warped our artist's mind, for the drawing is full of mistakes. Can you find fifteen? The answers will be found above.

The Bluebird

By MARY J. HITCHCOCK

© McClure Newspaper Syndicate. WNU Service.

IT WAS a queer smile; one might have called it no smile at all but a grimace, and it twisted Betty's lips into strange, unlovely curves as she dropped the letter to her desk and, with unseeing eyes, stared out into the morning sunlight.

Spring was in the air, and spring had been in her heart up to a bare five minutes ago. Now, the doctor's letter brought back the chill of winter—bleak, cold freezingly bitter!

She found herself winking, trying desperately not to cry even while the salt flavor of the first tear made her lips smart. She licked it away with a nervous tongue, and reached for the letter. She would read it once more.

Any time! And she had not even suspected that her heart might be at the bottom of the strange lassitude thta had sent her, worn and harried, to the doctor's office only yesterday.

From wondering how she might have taken it if he had pronounced the verdict then and there, before that urgent phone call had hurried him away and compelled him to

SHORT SHORT STORY

Complete in This Issue

put her off with a promise of a report as soon as might be, she passed to wondering how others would take it—when they knew.

Her mother—no, she would not tell her mother about it, for the poor soul would accept this as she had accepted every event in her colorless life.

"What is to be, will be."

Betty could hear the patient, resigned voice, lacking in even the smallest hint of rebellion against the predestination she had been schooled to believe in.

Smith Wayland—suddenly, Betty caught her breath. Would he care? O, she wanted him to care—hoped he would.

The door to the outer office opened and closed with a bang, and a singing voice floated in. Hastily Betty gulped and wiped her face. That would be Jimmy Brown, and he mustn't find her crying like a two year old! Again the door opened and Betty knew by the pleasant baritone voice as he exchanged greetings with Jimmy that Smith Wayland had entered the room.

"Listen to the Blue Bird sing—
O, come, little Blue Bird of Spring!"

Jimmy Brown, still singing, now in mocking cadence, came slowly toward Betty's desk.

"Loads of work to get outside of, Betty—let's go!"

Further thought of her own concerns was impossible, for Jimmy Brown could keep her hand and brain responding to the day's needs most effectively—and did. But through the stress of work Betty was conscious now and then of a throbbing undercurrent of pain that increased, when, at noon, she went out with the others, aimlessly wandering the streets until she might go back.

The doctor's letter was on the desk when he turned to her. "The wind from that open window blew it around, I suppose. I thought it was office mail; didn't dream it was of a private nature, but I'm glad I read it—"

"I'm glad, too," she told him. "I wanted you to know."

They were alone in the office, her eyes misted, his face still wearing that look of concern. Presently, when Wayland had told her the sweetest story he began ordering her life in a way all his own.

"City hall, first, little girl, for, if it is to be any time, we'll borrow all the hours we can, and after that we'll call on that doctor again—just to make sure, you know."

"He's one of the best"—Betty's lips trembled—"and you can see for yourself that he wrote—"

"Nothing of the sort. I never sent you any such letter!" The doctor's denial was swift as he looked from the missive to Betty. "Certainly I remember the examination yesterday, and that I was called away in that hurried fashion. But there wasn't much to report in your case. A month in the country with someone to look after you will set you on your feet." He summoned his stenographer.

She listened to his questions and answered them:

"It was my mistake, doctor. That letter should have gone to Mrs. Stevens. She wanted a written report about her sister, to send to their father. She called up just now and asked about it."

"Mrs. Stevens' sister!" the doctor turned to Betty again. "Nothing left of the poor thing to go on—heart, liver and nerves all shot to pieces; blood gone down the chute! Now, I'll tell you—"

But he wasn't telling Smith Wayland and his wife, Betty, anything right then, for at that moment they were telling each other unutterable things. As they left the office Betty looked up, and on her face was the light of a wonderful gladness, and in her heart was the lilt of a happy song.

Lazaretto, Name for Hospitals

Lazaretto is a name given in Italy and other parts of southern Europe and also in Hawaii and California to isolated hospitals for those afflicted with contagious diseases. The name is derived from Saint Lazarus, the patron saint of lepers.

Horse Race Dates to 1659

Almost the oldest horse race in the world is the Palio of Siena, Italy, run every summer and watched by thousands of tourists. It was first run in 1659.

WHAT to EAT and WHY

C. Houston Goudiss Noted Food Authority Relates the Miracle of *VITAMINS* and Explains Why *YOU MUST EAT THEM or DIE* ● ● ●

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

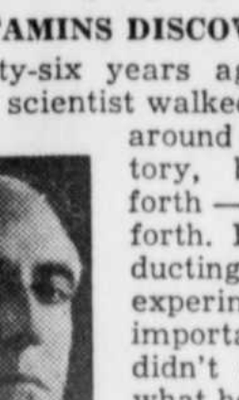
WE LIVE in the most inspiring age the world has ever known. Chemists grow plants without soil. Doctors snatch men from death with insulin. Surgeons perform incredibly delicate brain operations. *And thanks to the amazing discoveries of nutritional scientists, children enter the world with far better chances for long and happy lives, while men and women of seventy are more active and useful than their grandparents were at fifty.*

Much of the hard-won knowledge of how to eat so as to increase efficiency, curb disease, and improve the chances for longevity is due to the discovery of vitamins.

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VITAMINS DISCOVERED

Twenty-six years ago, a now-famous scientist walked nervously around his laboratory, back and forth — back and forth. He was conducting a nutrition experiment of vast importance. He didn't quite know what he was going to find, but he believed that he was on the verge of a revolutionary food discovery.



The scientist was my friend, Casimir Funk, a brilliant Polish bio-chemist. He had been working on the problem for many years. At last, in the year 1912, his experiments were positive and conclusive. Then he announced to the scientific world that he had discovered a vital force. "This force," said Funk, "I have called vitamine, because it is necessary to life."

Thus, the word "vitamin" came into being, along with the first knowledge of these minute but powerful factors which exert such a tremendous influence on human health and happiness.

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SPARK PLUGS OF NUTRITION

Other bio-chemists throughout the world—including Sir Frederick Gowland Hopkins in England, and Hart, Humphrey, Babcock, Steenbock and McCollum in the United States—had been working on the same problem that Funk had partially solved. They knew that the first step was to find out how vitamins affected the human body, and that the second step was to discover what foods contained these vital substances.

And so there began a long series of experiments in the laboratories of great universities all over the world, which demonstrated what happens when a diet is deficient in any of the vitamins, and proved that if laboratory animals are wholly deprived of vitamins for a short time they will die.

These experiments are of the utmost significance to every homemaker, because the same thing happens to human beings as to experimental animals. Today our knowledge of vitamins has progressed to such a degree that it is possible to state the exact requirement for most of the vitamins and to designate the foods from which adequate quantities can be obtained.

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RESISTANCE AND VITAMIN A

To date, six vitamins have been identified. Vitamin A promotes growth and builds resistance to disease. It is necessary for the health of the mucous membranes of the body and helps to guard against infections of the respiratory and alimentary tracts. **It influences the health of the hair and skin, is necessary to prevent a serious eye disorder known as night blindness, and is essential for the formation of healthy teeth.**

Vitamin A is found in milk, butter, margarine that has been reinforced with vitamin A concentrate, egg yolk, cod-liver oil, thin green leaves and yellow fruits and vegetables such as carrots, sweet potatoes, apricots and bananas.

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APPETITE AND VITAMIN B

Vitamin B promotes appetite, aids digestion, prevents a serious nerve disorder. It is essential to the maintenance of a good digestion, which is vitally important if the body is to obtain full benefit from the food consumed. **This vitamin is closely related to the energy metabolism, and the requirement increases with the rate of growth and with increased energy expenditure, so that growing children and working men and women should receive very generous amounts.**

Vitamin B is found in yeast, whole wheat cereals, oatmeal, milk, fresh and dried peas and beans, spinach, cabbage and other greens, egg yolk and liver.

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VITAMIN C FOR TEETH, GUMS

Vitamin C plays an important part in regulating body processes, and prevents the dread disease of scurvy. A lack of this essential vitamin results in profound changes in the structure of the teeth and gums, may be responsible for hemorrhages occurring anywhere in the body, and for the degeneration of muscle fibers generally.

Vitamin C is most abundant in succulent fresh green leaves, such as green cabbage. It is also found in onions, potatoes, oranges, tomatoes, green peppers, bananas and strawberries. In most foods, it is easily destroyed by heat—that is why it is so important to include some fresh raw foods in the diet daily.

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VITAMIN D AND RICKETS

Vitamin D is sometimes called the sunshine vitamin because it can be manufactured in the body through the action of direct sunlight on the skin. This is the vitamin that is necessary for the **proper utilization of calcium and phosphorus in building bones and teeth. When it is lacking in the diet of infants, there develops that horrible disease known as rickets, in which the bones become soft and twisted, resulting in pitiful deformities — knock knees, bow legs, pigeon breast.**

In foods, vitamin D is only found in appreciable amounts in fish-liver oils and egg yolk. That is why every homemaker should be so grateful to the scientists who labored to discover how to concentrate this precious vitamin from fish-liver oils and add it to foods, or to increase the vitamin D content of foods through irradiation.

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ANTI-STERILITY VITAMIN E

Vitamin E comes in for less discussion than the others, because its significance to nutrition has not been fully determined. It does, however, appear to be necessary for successful reproduction and is found especially in wheat germ and lettuce.

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VITAMIN G PROLONGS YOUTH

Vitamin G is necessary for growth and for the maintenance of health and vigor at all ages. **It helps to ward off old age by prolonging the vigorous middle years. It is essential to the health of the skin, and recent experiments demonstrate that cataracts in the eyes may be due to a deficiency of this vitamin, which is found in yeast, and in liver, kidneys, egg yolk, milk, cheese and green leafy vegetables.**

One authority claims that chronic disorders of the throat, stomach, lungs, colon, heart and kidneys may be traced to vitamin and mineral deficiencies.

Certainly enough has been learned of vitamin chemistry to make clear that the homemaker fails in her duty who does not provide vitamins in abundance for every member of her family. Both children and adults depend upon you for their food supply. **It lies within your power to help them to health and happiness or condemn them to weakness, illness and sorrow.** Do not fail them. See to it that every member of your household—your children, the wage earners, the middle aged and the elderly—get enough vitamins to afford them the health that science has placed within their grasp.

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Building, Maintaining Family Health

IN THE C. Houston Goudiss articles that have appeared weekly in this newspaper previous to this one, the nationally known food authority has described FOOD, as it provides the key to mental and physical power; PROTEINS, the foods you cannot live without; CARBOHYDRATES and FATS, foods that provide motive power for the body machinery; and MINERAL SALTS, that you must have in order to build strong bones, healthy nerves and rich, red blood.

These subjects have been treated in an interesting and understandable manner, free of scientific terms, principally offering advice to the housewife that will aid her in the problem of feeding the members of her family such foods as will build and maintain their health.

Every one of these articles has a definite place in your scrapbook for future reference. If you have missed any of these discussions, the publisher of this newspaper will supply them upon your request. If you have not already done so, start a department of these informative articles in your scrapbook at once!

Have You a Question? *Ask C. Houston Goudiss*

C. HOUSTON GOUDISS has placed at the disposal of readers of this newspaper all the facilities of his famous Experimental Kitchen-Laboratory in New York City. He will gladly answer questions concerning foods, diet, nutrition, and their relation to health. You are also invited to consult him in matters of personal hygiene. It's not necessary to write a letter unless you desire, for postcard inquiries will receive the same careful attention. Address C. Houston Goudiss, 6 East 39th Street, New York City.

AROUND THE HOUSE

Check Electrical Equipment.—As a safety measure in the use of electrical equipment, frequently look for breaks on all cords attached to appliances.

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Preparing Cauliflower.—Always soak cauliflower head down for an hour in a quart of cold water to which a teaspoon of salt and one of vinegar has been added.

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Variety in Sauces.—Don't get into the habit of using too many cream sauces. They are apt to make vegetables taste more or less alike and thus price monotonous.

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Cleaning Flower Vases.—A flower vase should be washed clean with hot water and soap, lest bacteria that decay the stems of flowers should survive in the vase.

Uncle Phil Says:

Virtuous Intolerance

Intolerance has its place. There isn't enough of it employed against indecency, injustice and just plain vulgarity.

A youngster engaged in ruining his life is seldom open to reason. No fool like a young fool.

The culture that a wife can spread on her husband who has no taste for it is usually a very thin veneer.

Law Books and Jails Full

Too many people think that human nature can be changed by "Be It Enacted."

Why shouldn't men talk shop; shop is what they live by.

Greatest joy in friendship is that your friend thinks more of you than you deserve. Only other being that does that is your mother.

Usually Classified as Blue

It is better to find that a man has "feet of clay" instead of a head of that material.

Books will be written about the depression so long as it is not understood—which means forever.

What persons desire who don't understand how to make or keep money is a big fortune that somebody else looks after. They want the money, but not the bother.

What Is the Cause of "Spider-Web Check"?

If not properly "fed" with a good oil polish, furniture in time develops what is known as "spider-web check!" This appears on the finish, like wrinkles on the human face—fine lines, spreading here and there in a spider-web pattern. This crazing, this light cracking, is known in furniture language as "checking" and "spider-web checking" better describes the condition. This is the danger-signal, on finish! It's the indication of "starving" wood! A warning to the housewife, that if the finish is not cared for immediately and properly, the furniture will develop cracks, ridges and splits. "Spider-web check" is generally the result of either one of these two causes: Polish-neglect—or the use of a poor, cheap polish—without the essential fine, light-oil base. When the furniture is periodically "massaged" with a reputable oil polish (the best is non-greasy), the pores of the wood are "fed" and the piece is preserved. Then "spider-web check" will not appear! The use of a quality oil polish is the best preventive formula for this ugly, detrimental check!

MORE WOMEN USE O-CEDAR POLISH THAN ANY OTHER KIND!

...because O-Cedar not only cleans as it polishes, but *preserves* your furniture—"feeds" the finish, prevents drying-out, cracking. Insist upon O-Cedar Polish, for furniture, woodwork and floors (with the famous O-Cedar Mop).

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BEET—Early wonder (Special); Detroit Dark Red, 1/4 lb. 25c; lb. 75c; 10 lbs. $6.50.
CARROT—Long Chantenay; California Bunching, 1/4 lb. 25c; lb. 85c; 10 lbs. $7.50.
TOMATO—New Rutgers Certified; Grothen's Globe, oz. 40c; 1/4 lb. $1.25; lb. $4.00.
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