## CLASSIFIED DEPARTMENT

### OPPORTUNITY

**$1** — BOTTLE TRIPLE STRENGTH Value VANILLA | PERCALE APRON ORGANDIE TRIMMED Value **75c**

***Both for 99 cents***

Desert Sample Free—Agents Wanted

**BOB COOK PURE FOODS**
**2944-8 West Lake Street, Chicago, Illinois**

### OLD GOLD, ETC.

TOP PRICES FOR OLD GOLD, SILVER AND COINS
**GOLDEN'S, 108 Park Ave., Baltimore, Md.**

### FLOWERS

**10 GIANT DAHLIAS, $1.00**

Final Offer—8 to 12-in. blooms. Labeled. Fantasia, Bonfire, Jersey Beauty, Kidd, Fontaine, Hindpoint, Regal, Grizzly, Mrs. Gladiston—Jumbo size, no two colors alike. Stuffed and ovoid flowering. 11 Dahlia-Glad-Acres, D. F. Middlebourne, W. Va.

### CHICKS

**MARYLAND'S FINEST BLOOD-TESTED CHICKS 8c and Up**

Eight popular breeds and crosses. Started chicks, also pullets. Order early. Hatches twice weekly. **MILFORD HATCHERY, Milford Road or Liberty Rd., Pikesville, P. O. Reisterstn, Md. Pikesville 50-R.**

**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.**

**Hello, Folks—It's Chick Time**

A postal brings our circular, illustrated and special discount on 10 breeds. All Leghorns U. S. R. O. tested.
**Koch's Poultry Farm and Hatchery Box 10 Bethlehem, Pa.**

Leghorn—Cockerels, $3.00 per 100
**BLOOD-TESTED CHICKS**
Barred or White Rocks, $6 Per
S. C. Reds, Buff Orpingtons 100
**CARTER'S 3300 Germantown Ave., Phila., Pa.**
$1.00 Deposit, Balance C.O.D. Plus P.P.

Barron White Leghorn Chicks $10.00 per 100. Circular free. **MRS. C. E. WHITE, LEGHORN FARMS, RICHFIELD, PA.**

### QUALITY CHICKS

| | 100% | 100% |
|---|---|---|
| Wh. & Bf. Leghorns, Anconas | $7.75 | $15.00 |
| White & Barred Rocks | 8.50 | 16.00 |
| White & Buff Orpingtons, Hampshire Reds | 9.00 | 17.50 |
| Wh. & Br. Minorcas, Buff Minorcas | 9.00 | 17.50 |
| Heavy Assorted, $7.00 per 100. Light Assorted, $6.00 per 100. Add 5c to 25c per chick for 2 to 6 weeks pullets. | | |

If 25 books your order, balance C. O. D. If each additional 100 books, add $1.00 per 100 and we ship C. O. D. for balance.
Mix and Save prices 1 cent less per chick.
**EPHRATA HATCHERIES BOX 1012, EPHRATA, PA.**

### BABY CHICKS C. O. D.

From Selected Blood-Tested Breeds

| | 50 | 100 |
|---|---|---|
| White Leghorns | $3.25 | $5.50 |
| Barred Plymouth Rocks | 3.25 | 6.00 |
| White Plymouth Rocks | 3.25 | 6.00 |
| White Wyandottes | 3.25 | 6.00 |
| New Hampshire Reds | 3.25 | 6.00 |
| Buff Orpingtons | 3.25 | 6.00 |
| Assorted Heavy | 3.25 | 6.00 |

100% Live Delivery and 90% Sex Guaranteed.
**ZIMMERMAN'S HATCHERY, Ephrata, Pa.**

### RARE BREEDS

RARE, FANCY, ORNAMENTAL Varieties of Poultry, Pheasants, Waterfowl, etc. Prize winners at all leading shows. Write for free illustrated booklet.
**STOCK—EGGS AND CHICKS IN SEASON**
**HOMESTEAD FARMS, McGraw, N. Y.**

### INDIAN ARROW HEADS

**SEND $1.00.** Will Mail Prepaid 20 good arrow heads. **W. F. Lyons, Ivorton, Pa.**

### REMEDIES

RHODODENDRON, KALMIA, AZALEA, Hardy Evergreens. Write for prices. **Aaron Wallace, Bressler, R. 5, Md.**

### PHOTOGRAPHY

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Two beautiful glossy, double weight, professional enlargements and 8 prints all for twenty-five cents coin. Reprints 3 cents. Dependable quality and service.

**ALLIED PHOTO SERVICE CO.**
**Drawer 289-K - - Sparta, Wis.**


### Wheat—What Is It?

Wheat is a seed that is planted and grown to keep the producer broke and the buyer crazy. The problem varies in content, and the man who can guess nearest the strength of the protein is called "wheat grader" by the public, and "fool" by the farmer. The price of wheat is determined at primary markets, and goes up when you have sold, and down when you have bought. It is planted in the spring, mortgaged in the summer, and lost in the fall.

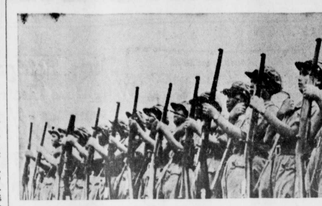
A group of farmers sent a man to Edmonton to watch the wheat market and after a few days wired them to this effect: Some think it will go up, some think it will go down. I do, too. Whatever you do will be wrong, act at once. —Butter-Fat Magazine.


**$2** for Single Rooms with Shower
$2.50 with Tub Bath
$1.00 FOR EACH ADDITIONAL PERSON

Small, quiet and select. One block from Empire State Bldg., 5th Avenue and large department stores. Especially desirable for family groups. Two excellent restaurants.

*Send for booklet "R" with map*
HOTEL *Under* KNOTT *Management*
**Collingwood**
**45 West 34th St. (bet. 5th & 6th Aves.) NEW YORK**


# CHINA DRAFTS WOMEN FOR ARMY



## 20,000 Girls Help Defend Nation from Invading Japanese; Recruits from Schools Trained to Bear Arms, Assist in First Aid Activities

HUNAN, China.—The new spirit of patriotism infusing China has taken possession of girls as well as boys. From schools all over the nation young ladies are enlisting voluntarily. Latest reports indicate there are some 20,000 high school girls concentrated somewhere in Hunan province. These pictures show their advance training before they are placed in action.

The girls are treated like boys and many of them learn to use small and heavy arms. Their main work, however, is to help refugees during evacuations, first aid and similar special work. The first contingent was placed in the field late in February, and new contingents are being released for duty each ensuing month.

Above: Manual of arms and drill are important. The girls are learning to handle real guns, presenting a truly military appearance in their natty uniforms.

Left: Target practice, during which the girls are taught to draw a proper "six o'clock bead," which means that they aim for the place the hour hand would be at six o'clock, if the target were a clock.

## *Della Robbia Tradition Finds Modern Outlet In Home Decoration*

By BETTY WELLS

TEN years before Columbus discovered America an old man died in Florence, Italy. And because that man founded an atelier that lasted over 150 years and because he liked to decorate his plaques with garlands and fruit, smart ladies today are using his motif in all sorts of gay ways to make their homes more attractive. His name? Luca Della Robbia.

The name itself, we think, is one of the loveliest in the whole history of decoration. Just saying it, having it drip from your tongue, is a delight. And we've seen its mark in many a beautiful home. You see, old Luca Della Robbia liked to work in terra cotta, and he liked to color his work, using an out-moded process by which certain chemicals reproduced lovely tones. He liked fruit, too, and used lemons, apples, oranges and fir cones profusely in decorating his work. In fact, it is this use of fruit in decoration that we copy most today.

The Della Robbia influence can be used to best effect in the more formal rooms in which rich colors and heavy furniture hold the center of the stage. One lady whose living room inclines to this formal note, likes to have a Della Robbia motif enshrined in a bouquet on a lovely old table. She uses fruit with flowers and leaves to achieve this. Large pansies, leaves of house plants, roses, an apple and some grapes form one charming arrangement. The single petal type of dahlia fits in to the general scheme well, too.

© By Betty Wells.—WNU Service.

## Dresses That Flatter Figure

THERE'S no spring tonic in the world like having a pretty new dress that makes you look slim and smart. And these are so easy to make, that you'll enjoy fixing them for yourself. The patterns



1382 1456

are carefully planned so that even beginners will have no trouble following them, and each is accompanied by a detailed sew chart explaining just what to do. In addition to having something individual and very much your own, you'll save, decidedly.

**Comfortable House Dress.**

It's wonderful how much more one feels like working in a brand new, fresh house dress that's becoming as well as comfortable. This design is distinctly slenderizing because it's so straight and simple. You can make it in a few hours. Cheerful percale print, seersucker or chambray are nice fabrics for this dress, which will certainly be your favorite if you want to look slimmer than you are.

**Dress For Afternoon.**

If you wear any size between 36 and 52 this dress is designed to make you look your best. Shirring on the shoulders creates the fullness that you need in the blouse. The long, unbroken line from shoulder to hem takes inches off the figure. Sleeves ending just below the elbow are flattering to plump arms, and the long, softly rippling jabot trims are lengthening in effect. Make this lovely dress of silk crepe, small-figured or polka dot prints, or georgette. Later, in voile, it will be your coolest summer frock.

**The Patterns.**

1382 is designed for sizes 34, 36, 38, 40, 42, 44, 46 and 48. Size 36 requires 3¾ yards of 36-inch material without nap. With short sleeves.

1456 is designed for sizes 36, 38, 40, 42, 44, 46, 48, 50 and 52. Size 38 requires 4¾ yards of 39-inch material, plus 1⅛ contrasting.

**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.

## The Eiffel Tower

Work on the tower began on January 22, 1887, and it was completed on March 31, 1889. It weighs 15,400,000 pounds and is composed of 12,000 steel plates of varying forms and dimensions held together by 2,500,000 rivets. The structure is 1,000 feet high and on a clear day from the top of the tower points 55 miles distant are visible.

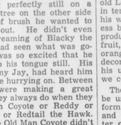
During 1937 810,185 people visited the tower. A television station has been installed on the summit, which is to be operated in connection with the tower's radio station.

## *SEEDS, SOIL and CLIMATE!*

THE soil and climate of this part of the country are an open book to the seed experts who breed and select pedigreed Ferry's Seeds. In their experimental gardens, they have perfected seed varieties that are at their best under these conditions.

You'll find these seed varieties in the familiar red-and-silver Ferry's Seeds store display. The unique Ferry-Morse Seed-Breeding Institute has spent years to bring them to perfection.

Select your seeds from the Ferry's Seeds display—all have been tested this year for *germination* — and further tested for *trueness to type*. Ask a packet and up. 1938 NOVELTIES and Ferry-Morse Seed Co., Detroit, San Francisco.




**FERRY'S SEEDS**

## Ask Me Another
*A General Quiz*

1. Why are the countries south of the United States called Latin America?
2. In political parlance what is "log rolling"?
3. Are there any women in the Texas Rangers?
4. How many men have held the permanent rank of full admiral in the United States navy?
5. Why are low shoes called oxfords?
6. What is the distinction between the secretary of the treasury and United States treasurer?

**The Answers**

1. Because the prevailing language is of Latin origin.
2. It means you vote for my bill and I'll vote for yours.
3. Mrs. Frances Haskell Edmondson is a member.
4. Three: David G. Farragut, David Porter and George Dewey.
5. Such footwear was first made and worn at Oxford England.
6. The secretary of the treasury is head of the department, while the treasurer acts only as the treasurer of the department.

## TONIGHT'S BEDTIME STORY

By Thornton W. Burgess

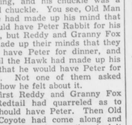
OLD MAN COYOTE lay in hiding on one side of the pile of brush under which Peter Rabbit had found safety, and Old Man Coyote was chuckling, and his chuckle was a wicked chuckle. You see, Old Man Coyote had made up his mind that he would have Peter Rabbit for his dinner, but Reddy and Granny Fox had made up their minds that they would have Peter for dinner, and Redtail the Hawk had made up his mind that he would have Peter for dinner. Not one of them asked Peter how he liked it.

At first Reddy and Granny Fox and Redtail had quarreled as to who should have Peter, but Old Man Coyote had come along and reminded them that as they hadn't



**Every time he peeped out and saw Redtail the Hawk sitting perfectly still on a branch of a tree he waited to laugh right out.**

## *Black and White*



**June Lang, soon to be seen in "Home Town G-Man," wears a smart black-and-white ensemble featuring a black wool, two-piece frock with tufting at hip pockets echoing the softness of a ruffled museline de soie vest. A huge throat clip of rhinestones, a perky bowed cone-turban and black accessories complement the costume.**



caught Peter yet he didn't belong to any of them. He pointed out how foolish it was to quarrel and how much better it would be to agree on some plan by which at least one of them could be sure of Peter. Then he told of his plan, which was that each family from a hiding place should watch one side of the pile of brush. When he thought the way was clear Felix would come out to get some thing to eat. He was just as likely to come out on one side as another, and so each had an equal chance with the others.

Now, this seemed perfectly fair and the others agreed. Old Man Coyote allowed the others to choose where they would watch, and he took the side that was left after they had chosen. Redtail the Hawk chose the side nearest the Green Meadows and the dear Old Briar Patch and smiled a selfish smile.

"Peter will be sure to come out this side, because it is nearest to the dear Old Briar Patch," thought he. After all had chosen they pretended to go away so as to fool Peter Rabbit, and then they stole back and hid, each on one side of the old brush pile.

Now, Old Man Coyote is very, very sly and crafty, more sly and crafty than even old Granny Fox. That was why he lay chuckling to himself. He was chuckling because the others were so sure that they had an equal chance with him to catch Peter Rabbit. The plan did look perfectly fair, but it wasn't quite so fair as it looked.

"Peter is badly frightened," thought Old Man Coyote, "and he won't come out until after dark. Redtail the Hawk cannot see in the dark, so when the black shadows begin to creep through the Green Forest, Redtail will give up and go home to sleep. I will make a little noise on this side so that Peter will be afraid to come out here, and then I will softly steal around to the side where Redtail has been watching and Peter will be almost sure to run right into my mouth.

It was because of these thoughts that Old Man Coyote lay chuckling that wicked chuckle, and every time he peeped out and saw Redtail the Hawk sitting perfectly still on a branch of a tree he chuckled harder than ever. So Old Man Coyote only chuckled at the fuss they made, though Redtail snapped his bill at them and Reddy and Granny Fox glared at them angrily.

© T. W. Burgess.—WNU Service.

## AMAZE A MINUTE SCIENTIFACTS — BY ARNOLD




## TWO-MINUTE BIOGRAPHIES

**MISS FRANCES PERKINS**

In private life—of which she has but little—America's secretary of labor is Mrs. Paul Wilson, mother of a charming daughter about to be married. She is in the news particularly at this time because the federal department she governs is celebrating its twenty-fifth anniversary. And Miss Perkins, in a time when labor is clashing with itself and also with capital, has decided that "labor problems cannot be solved solely by laws. There must be agreement, good faith, understanding and co-operation by employers and workers."

Miss Perkins comes from a Boston family who refused her plea to enter business when she graduated from Mount Holyoke college as a chemist. Socially alert, she came to Chicago's Hull House under Jane Addams, later going to New York.

Then came secretaryship of the Consumers' league and leadership in a drive to limit working hours of New York women and children. Three good friends were Franklin Roosevelt, Robert Wagner and Al Smith, who helped her. Governor Smith named her to the state industrial commission and President Roosevelt later took her to Washington as America's first woman cabinet member.




CHEW LONG BILL NAVY TOBACCO 5¢ PLUG

**Pure as an Ocean Breeze**



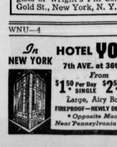
**"INSIDE INFORMATION"**
**For Indigestion or CONSTIPATION CLEANSE INTERNALLY the two-cup way. Garfield Tea gets results. Thorough but MILDLY. Not a cure-all, but certainly effective in relieving** constipation. **At drug-stores—25c and 10c. FREE SAMPLE Write to Garfield Tea Co. Dept. 12 Brooklyn, N. Y.**

**GARFIELD TEA**

MOTHERS, ATTENTION! If your child has WORMS, the best remedy you can use is Dr. Peery's "Dead Shot" Vermifuge. Good for grown-ups also. 50c a bottle at druggists or Wright's Pill Co., 100 Gold St., New York, N. Y.

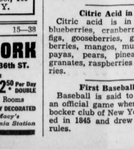
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**In NEW YORK HOTEL YORK**
**7th AVE. at 36th ST.**
**From $1.50 Per Day SINGLE $2.50 Per Day DOUBLE**
Large, Airy Rooms
FIREPROOF—NEWLY DECORATED
*Opposite Macy's*
*Near Pennsylvania Station*



**Dogs Buried in This Cemetery!**

FLORISSANT, Mo. — Photograph shows a section of the cemetery here, which first became a burial place 15 years ago, when C. F. Bauer of Florissant gave a friend permission to bury a pet dog in the garden near his home. Others asked similar permission and a dog cemetery grew.




**Half a century of scientific research has made possible a motor oil that's really pure . . . Quaker State. In four great, modern refineries the finest Pennsylvania crude oil is freed of all trace of impurities . . . scientifically purified to overcome the common ailments of sludge, carbon and corrosion. *Acid-Free Quaker State* makes your car run better, last longer. Retail price, 25¢ a quart. Quaker State Oil Refining Corp., Oil City, Penna.**




## Here's an Easy Dress For You to Crochet



**Pattern 1638**

A simple mesh with puff stitch dots is quickly and easily crocheted into this charming dress. Use mercerized cotton in fresh Spring colors. Pattern 1638 contains directions for making the dress in sizes 4 to 8 (all given in one pattern); an illustration of it and of all stitches used; material requirements; photograph of detail of stitch.

Send 15 cents in stamps or coins (coins preferred) for this pattern to The Sewing Circle, Needlecraft Department, 82 Eighth Ave., New York, N. Y.

Please write your name, address and pattern number plainly.

## *TIPS to Gardeners*

### More Combinations

CROP combination is useful with vegetables such as tomatoes, melons or corn, as well as with "small garden" crops like radishes, lettuce and carrots which require comparatively less space.

The following combinations are suggested by Harold Coulter, vegetable expert of the Ferry Seed Institute:

Sow dwarf peas early in rows four to six feet apart; plant radish between rows of peas, and plant one row of cucumbers between every two rows of peas.

Set cauliflower early in rows two feet apart; one foot on each side of each cauliflower row plant spinach; and radishes are planted in each rows. When radishes are used set tomato plants in the space thus vacated. Peppers or egg plant may be substituted for tomatoes.

Sow early turnips in rows three to four feet apart. Later plant a row of corn between the turnip rows.

Give ground ample supplies of fertilizer when combined cropping is practiced extensively.

## One After Another

"Oh, what a time I had! I just don't know how I ever came through! First I got an angina pectoris, and then pneumonia, followed by arteriosclerosis and phthisis, after which they gave me hypodermics. Then I had barely recovered from these when I got tuberculosis with appendicitis, followed by tonsilitorny. Yes, indeed, it was the hardest spelling test I've ever had."—Pathfinder Magazine.


**Manns** SUPERIOR
*Specially Selected for Trial from the World's Best Stocks*
**BEET**—Early wonder (Special); Detroit Dark Red, 1 lb. 30c; lb. 75c; 10 lbs. $6.50.
**CARROT**—Long Chantenay; California Nantes; Half Long Scarlet, lb. 30c.
**TOMATO**—New Rutgers Certified; Greater Globe, Stone, etc. 50c; 1 lb. $1.25; lb. $4.00.
Packets of above—10c each, 3 for 25c
● All Postpaid ● Catalogue FREE
*Let us quote onion sets*
**J. MANNS & CO.**
ENSOR & FORREST STREETS
Est. 1867 Baltimore, Md.


**Perfection**

Trifles make perfection, and perfection is no trifle.

## Service

By BEULAH ROSE
© McClure Newspaper Syndicate. WNU Service.

NELLIE BIRD sat busily knitting in the solitude of her plain but immaculate kitchen, forgetful that dusk was beginning to encompass

**SHORT SHORT STORY**

the little dwelling and that it was her custom to have the lights on an hour earlier than this.

The click of the needles continued, but the eyes, beneath their frame of snow white hair gazing steadily ahead, were not absorbed in the knitting.

She got up with a start from her rocker when it finally dawned on her that the house was dark, and the fire must have died down in the stove. Marie, the boy's mother, would soon be home, and tea was not even prepared.

The suddenness with which she stood up sent to the floor a bottle of red ink that had been standing in a precarious position on the mantelpiece. She heard the bottle break, and hastened to switch on the light to ascertain the damage.

What she saw nearly froze her blood. The bottle lay, decapitated, and little streams of the crimson fluid were flowing in all directions over the kitchen floor.

Nellie Bird was by nature a frugal person, but this time it was not her loss that made her fall back into her chair dazed, transfixed with the horror of what she beheld.

Incidents, even of a relatively unimportant character, often conjure up scenes with which one is closely associated. These scenes may have been actual experiences, witnessed or lived through; or they may be only memories, but felt inwardly to be a thousand times more potent than if actually seen.

The latter was the case of Nellie Bird. She was the kind of mother whose love for her only son had been so great as to have reached almost the point of selfishness. He had been her only one. There had been no other—not even a daughter.

Then the war had come. The glorious, inspiring music, the trumpets and bugles. The call of his country! He had been thrilled.

Her fear and unrest. What a period of torture she had gone through in those days when she feared that he might go—and would not be able to endure it without him.

The day. The awful day on which he had come to her—her son! No, a different man. A strange, handsome man in dress uniform as a lance. So tall that she felt tiny near his great height.

"Mother, I'm going to do my share."

How she wished that she might be a man—his father—to say to him in firm, unwavering accents, "No!"

"Well said, my son! I am proud that you are ready to serve your country!"

"You will take care of Marie and Junior?" He had asked—and he!

"There is enough money in my account, so do not worry. I shall be back very soon, I hope, and then we will all be together again."

She had watched him march away. But her heart had cried, and when he had gone, her eyes had cried.

That was why, when the bottle of red ink fell to the floor, and the brilliant liquid spread out in all directions, her thoughts went back to scenes which she had never witnessed but through which she had lived a thousand times.

The gory battlefields stained with the lifeblood of those who had been taken away from loved ones at home. Her boy—lying in a pool of bright blood—the blood which she had given him!

"Oh, my own dear boy!"

A voice—like her boy's—answered her.

"I can't sleep, granny. I heard a noise."

She looked up. There, in his little bare feet, stood the son of the man who had gone away years ago to give his all for his country.

The child came to her and nestled at her feet.

"I had a dream, granny."

"What was it, child?"

"I dreamed there was a big war, and I was a strong man, and daddy and I both went to the front to help our country."

The aged figure moved to lift him into her arms.

The stiff old bones felt suddenly rejuvenated.

What was this thing called service? The will to fight for someone—for righteousness and liberty!

She had found her answer. It was the same will that imbued a mother with the dauntless power to struggle and conquer all for her boy.

The same will that made her crush to her breast this little boy who might some day leave her as another had done, to serve some worthy cause.

**Hard-Headed**

The Aravaki Indians, who inhabited the island of Jamaica when it was discovered by Columbus in 1494, had skulls so hard that they broke or bent the blades of Spanish swords welded against them by the conquering Dons. These aborigines had a habit of expressing their love for beauty of their infants so that the back part of their heads had an unnatural elevation and surprising toughness.

**Citric Acid in Fruits**

Citric acid is in blackberries, blueberries, cranberries, currants, figs, gooseberries, guavas, loganberries, mangos, muskmelons, papayas, pears, pineapples, pomegranates, raspberries and strawberries.

**First Baseball Rules**

Baseball is said to have become an official game when the Knickerbocker club of New York was founded in 1845 and drew up a code of rules.

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By BEULAH ROSE
© McClure Newspaper Syndicate. WNU Service.

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"There is enough money in my account, so do not worry. I shall be back very soon, I hope, and then we will all be together again."

She had watched him march away. But her heart had cried, and when he had gone, her eyes had cried.

That was why, when the bottle of red ink fell to the floor, and the brilliant liquid spread out in all directions, her thoughts went back to scenes which she had never witnessed but through which she had lived a thousand times.

The gory battlefields stained with the lifeblood of those who had been taken away from loved ones at home. Her boy—lying in a pool of bright blood—the blood which she had given him!

"Oh, my own dear boy!"

A voice—like her boy's—answered her.

"I can't sleep, granny. I heard a noise."

She looked up. There, in his little bare feet, stood the son of the man who had gone away years ago to give his all for his country.

The child came to her and nestled at her feet.

"I had a dream, granny."

"What was it, child?"

"I dreamed there was a big war, and I was a strong man, and daddy and I both went to the front to help our country."

The aged figure moved to lift him into her arms.

The stiff old bones felt suddenly rejuvenated.

What was this thing called service? The will to fight for someone—for righteousness and liberty!

She had found her answer. It was the same will that imbued a mother with the dauntless power to struggle and conquer all for her boy.

The same will that made her crush to her breast this little boy who might some day leave her as another had done, to serve some worthy cause.

**Hard-Headed**

The Aravaki Indians, who inhabited the island of Jamaica when it was discovered by Columbus in 1494, had skulls so hard that they broke or bent the blades of Spanish swords welded against them by the conquering Dons. These aborigines had a habit of expressing their love for beauty of their infants so that the back part of their heads had an unnatural elevation and surprising toughness.

**Citric Acid in Fruits**

Citric acid is in blackberries, blueberries, cranberries, currants, figs, gooseberries, guavas, loganberries, mangos, muskmelons, papayas, pears, pineapples, pomegranates, raspberries and strawberries.

**First Baseball Rules**

Baseball is said to have become an official game when the Knickerbocker club of New York was founded in 1845 and drew up a code of rules.

# *What to Eat and Why*

## *C. Houston Goudiss Discusses WATER—the Elixir of Life*

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

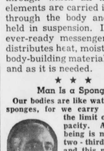
OF ALL the elements required to support life and maintain health and efficiency, water takes precedence. Without it, the protein, carbohydrates, fats, minerals and vitamins, which build and repair tissues, provide motive power for the body engine, and regulate the complex processes necessary to existence would be utterly useless.

Water is the magic stream through which all nutritive elements are carried into and through the body and there held in suspension. It is the ever-ready messenger which distributes heat, moisture and body-building material, where and as it is needed.

★ ★ ★

**Man is a Sponge**

**Our bodies are like water-logged sponges, for we carry water to the limit of our capacity. A human being is more than two-thirds water, and this proportion must be maintained, if health and strength are to be preserved.**



There is enough water in a person weighing 150 pounds to fill a 15-gallon barrel. Muscles, liver and kidneys are about 80 per cent water, the brain 85 per cent. Even bone is made up of more than one-third water, so you can see that the old adage "dry as a bone" is not strictly accurate.

No cell can function unless it is constantly bathed in fluid. Furthermore, the cells depend upon water to transport their foods through the blood. This alone requires ten pounds of water in constant circulation.

We may term these functions an incoming service. But it is equally important as an outgoing stream. The cells need water to flush away their waste products. And if the surface of the lungs is not kept moist, there can be no intake of oxygen, no output of carbon dioxide.

Without water, no waste would be carried out of the body. Poisonous substances would remain to wreck the system within a short time. Water flushes the countless channels of physical existence—even when we sleep, for it constantly passes from the body through the lungs, skin, bowels, crackers, dried fruits, nuts, potato chips, sausage, bacon, syrups and molasses.

★ ★ ★

**Water Starvation**

Where do we get all this water? When we are hungry, we take a drink and there the interest of most people ends.

Few individuals give proper consideration to supplying the body with all the water it needs. Yet, when the water content of the body diminishes, health and life are in danger. A loss of 10 per cent of body water is a serious matter and a loss of 20 per cent is usually fatal.

It is only in rare instances—such as when lost in a desert—that man actually dies of thirst, for even when no fluids are drunk, water is consumed with food. **But all about us we see men and women suffering from the effects of water starvation. Some indications of this are dryness of the skin and lips, mucous membranes and scalp. There is also danger of damaging the kidneys which require water to flush away the acid products of metabolism. And very often constipation can be traced to a deficiency of water, which is necessary to soften the contents of the intestinal canal.**

None of these ill effects may be feared if you take enough water.

★ ★ ★

**How Much Is Enough?**

A healthy, normal individual requires about four quarts of water every 24 hours. That requirement varies somewhat with the season. In hot weather there is a greater elimination of water through perspiration and that loss must be replaced.

However, it is not necessary to drink four quarts of water a day. For part of our needs are supplied by food. The body draws upon three sources for its water: First, water taken as a drink or in other liquids; second, water supplied by foods, especially fruits and vegetables, for although solid foods appear dry, most of them are in fact from 75 to 95 per cent water; third, water formed in the tissues in the combustion of fuel foods. Fat gives the most water when burned. In fact, it produces more water than the weight of the original fat. Sugar gives the least.

★ ★ ★

**Foods Rich in Water**

**A half-pound potato contains nearly a full glass of water. Some other foods that are more than 70 per cent water are asparagus, berries, string beans, cabbage, cauliflower, celery, cucumber, eggs, citrus fruits, cherries, grapes, onions, apples, raw and cooked greens, milk, onions, cooked green peas, boiled potatoes, sauerkraut, shell fish, meat stews, tomatoes and squash.**

Foods containing less than 30 per cent water include butter, lard, candies, ready-to-eat cereals, crackers, dried fruits, nuts, potato chips, sausage, bacon, syrups and molasses.

★ ★ ★

**Avoid the Dry Habit**

**In addition to the water consumed with food, every normal individual should drink about six glasses of liquid daily—as water, milk, coffee, tea or other beverages.**

Most people drink far too little water. Women often have the mistaken notion that water will make them fat. To demonstrate the fallacy of this idea, a world-famous physician once remarked that if that were true, poor people would long ago have adopted the practice.

It is possible to drink too much water and those who are suffering from disease should be guided by their physician in determining the amount required. But most normal people could increase both mental and physical efficiency by taking more of this magic fluid.

★ ★ ★

**Drink Water with Meals**

The question is often asked—"Is it wise to drink water with meals?" The answer is "Yes." There is evidence that the drinking of a reasonable amount of water with meals by normal individuals stimulates the secretion of gastric juice, thereby improving digestion. It has also been demonstrated that it aids in the absorption of food by the body and retards the growth of intestinal bacteria.

The homemaker should be just as conscientious in providing her family with sufficient water as with adequate amounts of the other food substances. For water must be included in the list of essential food constituents. It is in truth, the ELIXIR of LIFE.

### Questions Answered

**C. D. L., Jr.**—Pyorrhea seems to be associated with a mild vitamin C deficiency which has gone on over a long period of time. To obtain adequate amounts of vitamin C, you should eat plenty of citrus fruits, tomatoes, strawberries and raw, leafy vegetables, such as cabbage.

**Miss T. P. G.**—Yes, there is a stimulant in cocoa that closely resembles caffeine in coffee. But a cup of cocoa contains less of the stimulant than is found in a cup of tea or coffee.

**Mrs. A. R. M.**—No, milk is not fattening. Women especially fear that milk will increase their weight, but this fear is not justified, since a pint of milk, or two large glasses, only supplies 340 calories.

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### 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 at 4 East 39th Street, New York City.*

## WE OFFER ★ A New Food Department

At the accumulated knowledge and experience of C. Houston Goudiss, the man who for 30 years has exerted a wide influence on the food habits of this nation, are now available to homemakers through the series of articles now appearing in this newspaper. These discussions are as fascinating as fiction, as up to date as to-morrow, and, above all, authoritative. For no matter what aspect of food is under discussion, C. Houston Goudiss knows whereof he speaks.

★ His work has been a devotion to the study of food, both from the productive and the manufactured standpoint. He believes that better food means better health, and sharing these views, we have secured him to assist in carrying out our aims —to be the best available guide in the most important of all matters that affect the homes of the readers of this newspaper—for health, happiness and prosperity depend first of all upon food.

★ Every homemaker will want to clip these articles, and save them. She will find them invaluable aids in keeping her family properly fed.

## *Strange Facts*

No Such Thing As a Tree

TREES are the oldest things on earth. You have seen hundreds of them. They grow in great numbers in all but a few sections of the United States. Yet there is no such thing as a tree as a matter of botanical classification.

This oldest living thing gives us not only shelter, food and heat, but such a strangely wide variety of products as rubber, raw material, furniture, paper, rubber, dyes, chewing gum, rosin, turpentine and alcohol. Because trees provide for so many of man's needs they have been for many hundreds, sometimes thousands of years trees have figured in the folklore and religions of many nations. The Algonquin Indians and the early peoples of Scandinavia both believed that their ancestors were descended from an ash tree. To the early inhabitants of England and Italy the oak tree was sacred.

We use the word tree to refer to the giant sequoias and redwoods of California, we use it to refer to the great oaks and beeches of America and Europe and to the slender palm and the little fig tree. But as a matter of scientific classification there is no such thing as a tree because the word may be given with equal accuracy to any plant ten feet tall that grows with a single woody stem and lives more than two years.


**George Changed Line— But Not the Results**

"The boys" had made a habit of meeting one evening a week for a chat over their doings, but recently many of the old faces had disappeared as their owners got work in different parts of the country.

One evening, Bill and Bob found themselves alone and began to talk over old times.

"That reminds me!" said Bill. "What happened to George after he failed as an architect?"

"Oh," replied Bob, "he went on the stage!"

"How's he doing there?"

"Still drawing poor houses," was Bob's unkind reply.

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● Thank your lucky stars—that Pepsodent now contains remarkable Irium! For this wonderful new cleansing agent —found only