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Almost unbelievable are the indescribable beauty and coloring of these cushion mums. A thousand or more per plant—hundreds of blooms glowing in bronze, rich red in amazingly low priced assortment. 4 vivid colors (100 plants of each, normal for cushions, $3.95). $21 value, postpaid $15.00. Order today. Limited number of trees mums will grow to a large round bush—one year's growth—with hundreds of blooms from a single cutting. Send order today.
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Rapid Growth
During the first few hours after its birth, a giraffe goes through a "stretching period" while its legs are falling into place. One recent arrival at the London zoo was 62 inches tall when born and increased to 75 inches by the following afternoon.—Collier's Weekly.

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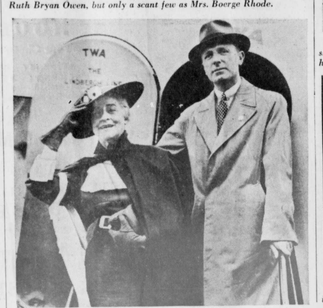
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GET RID OF PIMPLES
New Remedy Uses Magnesia to Clear Skin. Firms and Smooths Complexion —Makes Skin Look Years Younger.
Get rid of ugly, pimply skin with this extraordinary new remedy. Denton's Facial Magnesia works miracles in clearing up a pimply, 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.
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Three "Unfamous" Husbands And Their Famous Spouses

No one needs a sense of humor more acutely or more constantly than the gentleman who takes unto himself a famous wife. While he may—or again may not—be No. 1 man in the privacy of his home, the fact remains that at every public appearance, in every press notice, and in the minds of all but his own intimate friends, he is ever and anon—and undoubtedly ad nauseam, "Mr. Actress" or "Mr. Authoress" or "Mr. Artistrix" as the case may be.

Below is the former Ruth Bryan Owen, whom President Roosevelt once appointed minister to Denmark. She arrived and fell in love with a Dane, Boerge Rhode. Today millions of Americans still know her as Ruth Bryan Owen, but only a scant few as Mrs. Boerge Rhode.





Gladys Swarthout, star of the Metropolitan opera and the movies, shown with her husband, Frank Chapman, Jr., to whom she has been happily married some time.



Dr. F. D. Griffin smiles graciously at the attention which he knows is meant for his lovely screen actress wife, Irene Dunne.



Light-Hearted Fashions

THE approach of summer makes us all long to get into bright, easy, carefree clothes, even if we're planning to vacation at home, with occasional week-ends at the lake or seaside. These two patterns bring you styles that both tailor quickly and easily in denim, gingham, seersucker or jersey. Use a brilliant handkerchief print for the topper—any sturdy cotton. Here's a holiday outfit you'll thoroughly enjoy.



The Adorable Dirndl.

Nothing is more popular, because nothing is more becoming to slim young figures. It's such a gay, easy-to-wear fashion, and the square neckline is flattering. For a dirndl, choose something in a lively print—linen, chintz and percale are best. Be sure the colors are as complimentary to your skin as that fitted, shirred waistline is to your figure!

The Patterns.

1332 is designed for sizes 12, 14, 16, 18 and 20. Size 14 requires 3⅜ yards of 39-inch material for the bolero and slacks; ¾ yard for the topper.

1480 is designed for sizes 12, 14, 16, 18 and 20. Size 14 requires 3¾ yards of 35-inch material, plus 7½ yards of braid for trimming and 1⅛ yards ribbon for belt.

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 new-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.

Applied Kitchen Towels



Pattern 1679

A brand new idea . . . applique scraps of print to form the aprons for these gay, carefree pantry pets and figures which cheer up kitchen towels. Pattern 1679 contains a transfer pattern of seven motifs averaging 6 by 7½ inches and applique pattern pieces; color suggestions; illustrations of all stitches used; material requirements.

Send 15 cents in stamps or coins (coins preferred) for this pattern to the Sewing Circle, Needlecraft Dept., 82 Eighth Ave., New York. Please write your name, address and pattern number plainly.

AROUND THE HOUSE

Hanging New Curtains.—Baste a tuck in new curtains under the top hem where it will not show, then if the curtains shrink when first laundered it will be easy to let out the extra length.

• • •

Washing a Raincoat. — Soap should never be used when washing a raincoat. Instead, use a solution of one pound of alum to three gallons of water.

• • •

Odors Eliminated. — Left-over vegetables having a strong smell, such as cabbage, onions, cauliflower, etc., should be put into a glass jar and the top screwed on tightly before placing in the refrigerator. Otherwise the whole ice box will take up the unpleasant odor.

• • •

Keeping Sliced Bananas.—You can keep ripe bananas from turning dark after slicing if you cover them with any fruit juice or sprinkle them with lemon juice.

• • •

Grind Cheese. — When using cheese for macaroni, potatoes, etc., do not grate it. Put it through the fine cutter of your meat chopper and you will not have any small pieces left over.

• • •

Prevents Smoke. — To avoid smoke when making griddle cakes, use a salt bag instead of fat to prevent them from sticking. Merely fill a small, clean cloth bag with salt and rub it over the hot griddle each time fresh batter is put on.

NERVOUS?
Do you feel so nervous you want to scream? Are you cross and irritable? Do you scold those dearest to you?
FIRST STOP WORRYING AND TRY LYDIA E. PINKHAM'S VEGETABLE COMPOUND. It often helps Nature tone up the system, thus relieving such nagging nervousness.
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 relieving such nagging nervousness.
Try it yourself—or, better still, write Mrs. Pinkham for her advice. Write to LYDIA E. PINKHAM'S VEGETABLE COMPOUND

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Mother's Love
Oh, the love of a mother, the love which none can forget.—Hugo.

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are quickly relieved with Yager's Liniment. A Doctor writes that he uses it for backaches, sprains and rheumatic pains. Buy Yager's Liniment today! Let it help you rub aches and pains away! Use over 50 years. 25c and 60c bottles.
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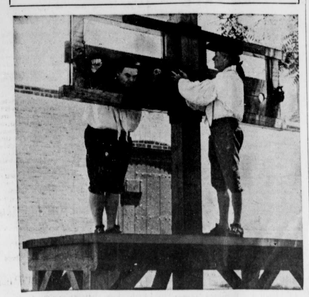
Justice Renders True
Justice renders to everyone his due.—Cicero.

RIGHT THIS VERY MINUTE
How Do You Feel?
Stuffy? Irritable? No ambition? Look at your watch—note the time. The same time tomorrow, compare how you feel then with the way you do right now. If the sensations, pains of a cold are with you, why not try a cup of Garfield Tea tonight—Cinchphiber—Feel Different Tomorrow! Less fuss! Less bother. Let Garfield Tea clear away undigested matter, intestinal "self-poisons" promptly, thoroughly. Drink like ordinary tea. 10c.—Adv.
Write for FREE SAMPLE of Garfield Tea. Address Garfield Tea Co., Dept. 37, Brooklyn, N. Y.
FREE!

CHEW LONG BILL NAVY TOBACCO 5¢ PLUG

"FIVE Minus TWO Leaves FOUR"
WRONG? Well, yes—and no. The arithmetic of your school days taught that "If Mary had five dollars and spent two . . ." three dollars remained.
But that is mathematics—not shopping! In managing a home, guarding a limited family income . . . we've simply got to do better than Mary did. We must sharpen our buying wits . . . ascertain where the dollars of extra value lurk . . . take five dollars to town and get much more for the money spent.
Fortunately, there are even-willing guides right at hand—*the advertisements in this newspaper.* Advertised merchandise is often exceptional value merchandise. It makes dollars DO-DE-DE-DE.

WILLIAMSBURG RESTORED



The Stocks in Colonial Williamsburg.

Fascinating History of the Old Center of the Colony of Virginia

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

WILLIAMSBURG since its recent restoration has been one of the most popular historic spots in the Old Dominion state. The restoration is dedicated to the hope and purpose "that the future may learn from the past." It is designed to preserve and recreate the symbols and memorials of a creative and colorful period of American history. The compelling reasons for its restoration lie in the historic background of the city, and in the intrinsic simplicity and alluring beauty of its architectural form.

Fortunately Williamsburg was built when life was simple. History here is symbolized by homes and venerable public buildings of harmonious and beautiful design.

Colonial Williamsburg grew from the seeds of thought and purpose which were planted by the devotees of liberty. It is necessary, if you would understand the significance of the restoration, that you should pause upon daffodil-time days in the restored, and appraise the educational and social values inherent in its historical background.

A map of the territory given to the Virginia company by King James I under the royal charter of 1606 would show that it first embraced a strip of land, 75 to 100 miles wide, extending along the Atlantic seaboard from what is now South Carolina to the present Canadian border.

Within these bounds, or just beyond, it then was confidently believed, were the mines of the Spanish Main, and the route to India and to other Asiatic ports.

"Virginia" Had a Vast Area Then.

Neither gold nor the shores of the Pacific ocean having been discovered within this area, the charter of 1609 extended the bounds of the colony to the shores of the western sea, wherever those shores might be. This territory and the documents was named Virginia.

From time to time this area was curtailed by subsequent royal charters, or by ceded territory, so that in 1733 the Virginia territorial claims embraced the area now included in the northern part of Pennsylvania, and the states of Virginia, West Virginia, Kentucky, Ohio, Indiana, and Illinois.

The area now included within the states of Michigan and Wisconsin was added and the Virginia claims were confirmed by the conquest, in 1779, of the Northwest Territory by George Rogers Clark.

"It has been held," says the author of "A Brief and True Report . . . Concerning Williamsburg and Virginia," "that the History of the chief City of a Country is, in great Measure, the History of that Country itself. And if there be any Truth in this Philosophy, it will be left to the Reader to judge how much greater would be that Truth if the chief City should also be the only City of Consequence in such a Country as the British Colonies were of the Eighteenth Century in which it was the Metropolis of the Virginia Colony."Williamsburg was not only the Seat of Virginia's Government, but also the Principal Seat of its Religion, Education, Society, Commerce, and Fashion."

Because this territory bordered on the American domain of the French, upon the British colonies, upon the territory under Spanish domination, and included within itself many Indian tribes, the political development of Virginia, whose capital city was Williamsburg, was of frequent commercial, political, and military relationship with its territorial neighbors.

Now in a National Park.

Jamestown, Williamsburg, and Yorktown, located within a radius of 20 miles upon the Virginia peninsula, which lies between the James river and the York, are inseparably united. Williamsburg was the successor to Jamestown, while the fame of Yorktown grew out of the high resolves initiated by the House of Burgesses in Williamsburg and similar action taken in Massachusetts and the other colonies.

These three places have recently been embraced within the bounds of the Colonial National Historical park. Williamsburg, however, is not owned or controlled by the National Park service. They now are being physically united by the Colonial National Historical Park highway, which has already been built from Yorktown to the outskirts of Williamsburg and is designed to be extended to Jamestown.

The voices which echo from deserted Jamestown, from the wilderness outposts of Middle Plantation, and from Yorktown, must be heard if the voices which speak through Williamsburg restored are to be understood.

The lone, ivy-mantled church tower at Jamestown marks the beginning of the long vista through which Williamsburg must be viewed if it is to be seen in true perspective, for its glory is reflected upon Williamsburg.

Jamestown became the first permanent English settlement in America when, on May 13, 1607, the colonists landed there and named their place of settlement for King James.

There they built a church and later a statehouse and ample homes. There, in 1619, convened in the church the first representative legislative assembly held in the New World. There they tried communal government, which was soon followed by "starving time," by hand-to-hand dealings with autocratic governors and took part in Bacon's Rebellion.

How Williamsburg Was Created.

During this rebellion Jamestown was burned and Sir William Berkeley, the royal governor, who had roundly damned education, printing presses, and schools and his followers, made the rebellion of 1676 the prophecy of the Revolution of 1776.

"Reasoning sickness," and the abundance of other trials and discontents, culminating in the fire which in 1698 again destroyed the statehouse, brought to a climax the thought of abandoning Jamestown for a more nearly central location for the capital of the colony.

Near Jamestown, midway between the James river and the York, the Middle Plantation, soon to become Williamsburg.

The seeds of this place had been sown by the Indian rampage in 1622, during which fully one-third of the English settlers in Virginia were massacred.

Consequently, at a "Grand Assembly of the Council and Burgesses holden at James City (Jamestown), in 1633, it was ordered: that a palisade be built across the peninsula from estuaries of the James River and the York" (about six miles), so that a region of safety for the inhabitants and their cattle might be secured, extending eastward to Old Point Comfort, at the end of the peninsula.

The history of Middle Plantation, so named because it was the middle plantation guarding the palisade, is obscure except for a few outstanding events which entered into the background of the making of Williamsburg and its subsequent fame.

Here Bacon's followers met to organize the rebellion of 1676. This military uprising had its origin in the determination of the young Nathaniel Bacon and his followers to protect their homes from attacks by the Indians. The government objected to such military defense.

College of William and Mary.

Meanwhile, Middle Plantation had been chosen as the site of the second college in what is now the United States.

The College of William and Mary was destined to play a dominating part in the history of Virginia, in the establishment of Williamsburg as the second capital of colonial Virginia, and in the culmination of the thought of the restoration of Williamsburg.

In 1693 Rev. Dr. James Blair, commissary in Virginia of the Lord Bishop of London, and also minister of the church at Jamestown, obtained from King William and Queen Mary the royal charter for the building of the College of William and Mary in Virginia. The General Assembly ordered ". . . that Middle Plantation be the place for erecting the said college of William and Mary in Virginia and that the said college be at that place erected and built as nearly the church now standing in Middle Plantation old fields as convenience will permit . . ."

And so the college was set down near the church and its location largely determined the site and plan of the future city of Williamsburg.

Keeping Up With Science

By Science Service

© Science Service—WNU Service.

Radium Atoms Tell Age of Meteorites That Fall on Earth

Cambridge, Mass. — Exploding atoms of radium, giving off helium, lead and energy, now tell scientists the ages of many meteorites which wandered into the earth's gravitational field, later crashing to earth with fiery brilliance.

Some of them, according to figures recently published by Dr. William D. Urry, Massachusetts Institute of Technology physical chemist, who has been analyzing rocks for many years to determine their ages, are less than 100,000,000 years old, while others are as much as 2,800,000,000 years old—about as old as the solar system.

Doctor Urry's analyses, painstakingly made from samples of the meteorite, tell the age of its solidification, and not the time when it fell. Thus, some of these wanderers from space were molten during the age of dinosaurs on earth, while others solidified just as the solar system was being formed.

"Chips From Creation."

The oldest meteorites, according to Doctor Urry's figures, could truly be "chips from creation," left over from the great mass of material pulled from the sun when the planets were formed. Others, unless they stayed melted for more than two billion years in the bitter cold of space, could not be left-overs. They must have been formed some other way.

Until recently, it was believed that meteorites were remains of a small planet, or group of planets, whose orbits were beyond Mars. This planet, on breaking up, created the meteorites. Now, with the ages of the meteorites shown to be different, the theory of a disrupted planet may need to be revised.

Many of the stony meteorites show evidence of having been broken and recemented, while others have undergone other alterations just as a rock on earth might in the course of its history. All of the rocks, however, are of the primary type—they were melted once, but none of them has undergone the earth's process of sedimentation, such as sandstone or shale. The iron meteorites resemble the earth's deep-seated rocks as have been described by geophysicists, whose instruments tell them about places they will never see.

Ruins of Van May Tell History of Old Kingdom

Providence, R. I. — American archeologists have set out for Turkey in hope that an ancient city called Van will yield important secrets of history.

Ruins they plan to excavate once formed a mighty fortress of a kingdom that rose and fell between about 840 B. C. and 600 B. C. Buried records, it is believed, will explain how the kingdom dealt with its formidable neighbors, before Scythian armies destroyed the capital.

The joint expedition to Van is undertaken by Brown university and the University of Pennsylvania, with such well-known archeologists in charge as Prof. Robert P. Casey of Brown, Prof. Kirsopp Lake, retired professor of Biblical literature at Harvard, and Dr. Horace Jayne of the University museum, University of Pennsylvania. Three months of excavation are planned.

Professor Casey believes that, if enough cuneiform writings can be unearthed at Van, the kingdom's history can be traced, and this will add to understanding of the Biblical books of Genesis and Kings.

Oil Recovery Increased by Remote Control Cannon

Schenectady, N. Y.—Fifteen gun barrels, firing .30 caliber bullets through an oil well casing hundreds of feet below the surface, promise to increase oil production in many fields where several rock strata bear oil. During drilling, each oil stratum encountered is recorded on the well log. Later, when the well is cased to the bottom, the cannon is lowered to the level of each oil stratum, and fired, punching holes in the casing to let in the oil from that bed.

Controlled electrically from the well head, this cannon may be lowered as much as two miles below ground, and fired when it is opposite any desired rock bed. Accurate revolution counters tell the operators exactly how far below the surface the cannon is at any time.

Aids Curb Visibility

Washington.—Reflecting facets cut into the curbstone have been found the best means of making curbs visible to automobile drivers at night.

Germany Has Wildcats

Berlin.—Wildcats are not the exclusive property of the American Wild West. Germany has 'em, too —several hundreds of them, a German sportsmen's organization reports. They live in the forested country in the hills along the Rhine.

Menominee Indians in Wisconsin

Menominee, name of the largest tribe of Indians in Wisconsin, means in the Menominee tongue, "Men of the Wild Rice."

Surplus Crop Uses to Be Studied in Four Laboratories

Washington.—New ways to dispose of surplus crop production, especially through industrial uses of farm and forest products, are to be sought in four new laboratories, one each in four regions of the country, for which provision is made in the recently enacted agricultural bill. A committee of the United States Department of Agriculture has been studying the provisions of the act, endeavoring to select the best locations for the research centers, and outlining lines of investigation that most need to be undertaken.

Under the terms of the act, $4,000,000 is authorized for research and development devoted primarily to those farm commodities in which there are regular or seasonal surpluses, and their products and by-products. One-fourth of this sum is to be allocated to each of four laboratories.

While the wording of the bill provides merely that one laboratory shall be located in each of the four principal agricultural regions of the country, it is considered probable that the states will be blocked out into groups as northeast, south, midwest, and west.

Each Region Has Its Problems.

Each of these general regions has its own particular group of crop surplus problems awaiting solution. Thus, northeast will present dairy products and potatoes; south will have cotton and tobacco; midwest will bring up corn and wheat, and west will have to deal with citrus fruits and vegetables.

The foregoing of course is only a skeleton list. Each section will have a considerable number of jobs for its laboratory. In the South, for example, cotton and tobacco are joined by sweet potatoes, sugar plants, citrus fruits, peanuts and naval stores.

Problems to be tackled by the government scientists will not be solely a search for ways to deal with surpluses already regularly produced. Surpluses may be eliminated by the substitution of other desirable crops suitable for production in the several regions.

Thus, to take the South again as an example, it is thought worth while to consider the possibility of the introduction and commercial utilization of such things as the new rapid-growing trees, new kinds of starch and fiber plants, and new plants for

WHAT to EAT and WHY

C. Houston Goudiss Discusses FOOD PRESERVATION and Explains How to Protect Your Family Against the DANGERS of TAINTED FOOD

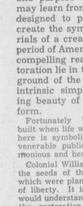
By C. HOUSTON GOUDISS
6 East 39th Street, New York.

A DISTINGUISHED nutritional scientist once remarked that it is a small favor to keep people alive on a poorly chosen diet. For with the wrong food, they may not get one-fifth of their potential efficiency into their lives; they will drag themselves through miserable days, never knowing the joys of physical fitness nor enjoying the abundant health that comes from a perfect balance of nutriment.

The Perfect Diet May Not Be Safe to Eat

But even the homemaker who plans an ideal diet may be undermining the health of her family by feeding them spoiled or tainted food which carries the deadly germs of disease.

We frequently hear stories of death or serious illness caused by food contamination. And it is significant that the improper care of food in the home is most often responsible. One physician has gone so far as to state that there is no estimating the number of persons who, while not sick in bed, feel "rather poorly," "not strong," or "kind of run down" because improperly preserved food gives them insufficient nourishment and their strength is exhausted in combatting the action of germs.



Homemaker's Responsibility For Food Sanitation

An enormous amount of time and money is expended to put foodstuffs in your kitchen in a fresh, palatable and safe form. Laws govern the manufacture, transportation and merchandising of every food product and an elaborate system is maintained for the inspection of meat. But all this care can be undone if food is not adequately refrigerated in the home.

From the moment that meats, fruits, vegetables and groceries reach your kitchen, the responsibility is yours, and you will be guilty if your husband and children suffer ill effects from eating tainted food.

Causes of Food Spoilage

Spoilage in food is due to the ravages of a vast army of microorganisms which cause it to rot, decay or putrefy, depending upon the nature of the food.

There are three classes of micro-organisms which develop in foods—bacteria, molds and yeasts. All three are notable for their minute size, rapid growth and wide distribution. Yeasts and bacteria can only be seen with the aid of a microscope.

Not all micro-organisms are the enemies of man; some are useful in the preparation of foods such as cheese, sauerkraut and bread. These need not concern the homemaker. But the harmful bacteria will flourish wherever conditions are favorable to their growth.

There are two important factors governing food preservation. One is the maintenance of a constant temperature of from 40 to 50 degrees Fahrenheit—under no circumstances should food be stored at a temperature higher than 50 degrees, or bacteria will multiply so rapidly as to make it unsafe to eat. The other is to maintain the proper degree of moisture in the air—neither too much, which encourages the growth of micro-organisms, nor too little, which dehydrates fruits and vegetables.

Appearance of Food May Be Deceptive

The great danger of food that is improperly stored is that it may become spoiled without advertising that fact. Appearance is seldom a reliable guide and unless your refrigerator is efficient, food may become unfit for consumption before spoilage can be noted by sight, taste or smell.

All types of protein foods harbor bacteria which multiply rapidly at temperatures higher than 50 degrees. Under favorable conditions of moisture and temperature, bacteria double their number every 20 to 30 minutes, and a single bacterium can produce a million bacteria in 15 hours.

Safeguard Children's Milk

Milk is the most perishable of all foods, because it is an ideal medium for bacterial growth. If this master food is to be kept safe for children, it must be stored at a temperature not higher than 45 degrees.

Careful studies show that there is very little increase in bacteria when milk is held for as long as 48 hours at a temperature of 40 degrees. But when the temperature was allowed to rise to 50 degrees, almost 20 times as many bacteria developed, and at 60 degrees, the bacteria multiplied more than 8,000 times in the same period.

Foods That Spoil Easily

The rapid multiplication of bacteria also occurs in other foods that have a high protein content, including meat, meat broths, fish, gelatin, custards, creamed foods, peas and beans. It is important that all these foods, as well as milk, be kept in the coldest part of the refrigerator, as a few degrees in temperature make a great deal of difference in preventing spoilage.

Once food has begun to deteriorate, it should be discarded or it may endanger health. Cooking will not make spoiled foods fit for consumption.

How to Prevent Mold

Molds are another form of spoilage that the homemaker must constantly battle. Mold will grow on almost any substance, but is particularly likely to occur on acid foods, as lemons, oranges, tomatoes and berries; on material foods, such as bread and meat; on sweets, notably jellies and preserves, and on salty foods, including ham or bacon.

Molds may develop quickly or slowly, depending upon the temperature and degree of moisture. They thrive under the influence of warmth and moisture and may remain invisible to the naked eye for as long as 36 hours. All molds are white at first, but as they mature they change color, becoming blue, red, or assuming various shades of green.

To the bacteriologist, these colors have different meanings. To the homemaker, they all tell the same story—that through improper storage food has lost its appetite appeal and palatability.

Mold growths may be destroyed by boiling temperatures. **They may be retarded by keeping food in the cold, dry circulating air provided by an efficient refrigerator.**

A good refrigerator is the best investment a family can make. It enables you to take advantage of bargain prices to buy food in quantity. And it safeguards health by preventing contaminated food from finding its way to your table.

An efficient refrigerator also preserves the flavor and texture of meats, fruits and vegetables, so that you enjoy these foods at their best. But its greatest contribution to human welfare is the preservation of food so that it will nourish your body instead of poisoning it.

Have You a Question? Ask C. Houston Goudiss

C. Houston Goudiss has put 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 food, 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 him at 5 East 39th Street, New York City.

Questions Answered

E. W.—It's a fallacy to assume that brown sugar is "more nutritious and healthful" than granulated sugar. It is true that brown sugar contains traces of mineral elements, while white sugar contains practically none. But the amounts are variable and never significant. Regardless of color, sugars make their sole contribution to the diet through their carbohydrate content. The caloric value of white sugar is a trifle higher than that of brown, the difference amounting to 31 calories per pound.

Mrs. S. T.—When thoroughly chewed and given a proper place in the diet, cheese is usually well digested. Experiments performed by the United States Department of Agriculture demonstrated that an average of 95 per cent of the protein and over 95 per cent of the fat of cheese were digested and absorbed.

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New Beauty for the Home

Self-polishing wax for the house hold is practical—productive—and popular! Its already wide use is increasing yearly throughout the homes of the country. And it is the efficient, up-to-date homemaker who regularly applies this amazing product to the floors of her home. The unusual feature of a good self-polishing wax is the maximum beauty it affords, with the minimum labor—both in the application and upkeep. It's on in a jiffy—dries thoroughly in 20 minutes—and results in resplendent floors that gleam like satin, look like new, and "dress up" the entire house. A quality self-polishing wax is urged, however, for inferior waxes soon develop a dull film effects from eating tainted food.

Foods That Need Salt

The rapid multiplication of bacteria also occurs in other foods that have a high protein content, including meat, meat broths, fish, gelatin, custards, creamed foods, peas and beans. It is important that all these foods, as well as milk, be kept in the coldest part of the refrigerator, as a few degrees in temperature make a great deal of difference in preventing spoilage.

Once food has begun to deteriorate, it should be discarded or it may endanger health. Cooking will not make spoiled foods fit for consumption.

How to Prevent Mold

Molds are another form of spoilage that the homemaker must constantly battle. Mold will grow on almost any substance, but is particularly likely to occur on acid foods, as lemons, oranges, tomatoes and berries; on material foods, such as bread and meat; on sweets, notably jellies and preserves, and on salty foods, including ham or bacon.

Molds may develop quickly or slowly, depending upon the temperature and degree of moisture. They thrive under the influence of warmth and moisture and may remain invisible to the naked eye for as long as 36 hours. All molds are white at first, but as they mature they change color, becoming blue, red, or assuming various shades of green.

To the bacteriologist, these colors have different meanings. To the homemaker, they all tell the same story—that through improper storage food has lost its appetite appeal and palatability.

Mold growths may be destroyed by boiling temperatures. **They may be retarded by keeping food in the cold, dry circulating air provided by an efficient refrigerator.**

A good refrigerator is the best investment a family can make. It enables you to take advantage of bargain prices to buy food in quantity. And it safeguards health by preventing contaminated food from finding its way to your table.

An efficient refrigerator also preserves the flavor and texture

Faster Than Sound

Sound travels at 1,100 feet a second—or about 750 miles an hour. A deer bottfly is just a blur—its wings beating more than like 818 m. p. h.—twice as fast as the record for airplanes. "If we had 'planes as fast we could encircle the world in daylight," says a scientist who has been studying the insect in Mexico.

Do You Want to Know Where to Find the Different Vitamins?
Get This Free Bulletin Offered by C. Houston Goudiss
READERS of this newspaper are invited to write to C. Houston Goudiss at 6 East 39th Street, New York City, for his new "Vitamin Primer" which tells the facts that every homemaker needs to know about vitamins. In simple chart form, the functions of each vitamin are explained, and there is a list of foods to guide you in supplying your family with adequate amounts of these necessary food factors. A postcard is sufficient to carry your request.

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As one lamp lights another, nor grows less, so nobleness enkindleth nobleness.—Lowell.

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