THREE ROYAL SPORTSMEN » »



Beauty Standards Alter With Years, Says Betty Wells

By BETTY WELLS

EACH generation, and almost every individual, feels pretty superior on the subject of taste. In short, what we like is good taste—while bad taste is the prerogative of the other person. Isn't bad taste always something associated with somebody else rather than ourselves? But what about the person we accuse? Perhaps, in fact very probably, he thinks the same thing about us. And rarely, indeed if ever, does one generation fail to scorn the taste of the preceding generation.

Broadly, taste reflects standards of beauty. Yet we constantly hear authoritative artists and decorators say that there have been throughout art history certain recognized standards of beauty that can be accepted as beauty.

We are convinced that there are no hard and fast standards, no set definitions. That beauty is a spiritual quality, like love. That it is individual and ephemeral, like happiness. That we can't measure it or make rules about it.

So we try not to be glib about our taste, and, objectively about what is beautiful and what is ugly. Because time and tastes change, and we don't see why we must consider our taste so superior to that of the generation that went before. It's different. If we like it, that is enough.

© By Betty Wells.—WNU Service.

One Piece Frock



"I wonder where this goes to," thought Peter. "I believe I'll find out."

A snowy pique vestee adds charm to this slim one-piece frock in black wool crepe and its matching bolero, buttoned on for smart street wear.

EUROPE'S royalty declines in importance, but the few remaining monarchs and princes are avid outdoor fans. Upper left: King Carol of Rumania is an enthusiastic hunter, often found in the woods near Bucharest. Left: King Leopold of Belgium is an excellent golfer. Above: King Gustaf V of Sweden, who celebrates his eightieth birthday in June, remains perennially youthful. He is shown competing in a Monte Carlo tennis tournament, participating in one of his favorite sports.

ADVENTURES OF PETER RABBIT

By THORNTON W. BURGESS

SURELY no one was ever in a tighter place than was Peter Rabbit when Reddy Fox chased him under the brush pile in the Green Forest and then Old Man Coyote and Granny Fox and Reddy Fox and Redtail the Hawk watched all the rest of the long day for him to come out. He couldn't stay there forever because, you know, there was nothing to eat and Peter, like most folks, likes to eat a great deal. Now Peter has a great deal of wisdom in his funny little head; even if he does sometimes do very foolish things, and one of the wisest things that Peter does is never to give up hope.

So when Peter crawled under that pile of brush and so escaped Reddy Fox his first thought was one of thankfulness. He didn't know how he was ever going to get back to the dear Old Briar Patch, but he was safe so long as he stayed where he was, and he was very thankful for that.

After he had rested and quite got his breath Peter began to look around to see just what kind of a place the old brush pile was. He saw right away that just so long as he stayed there he was perfectly safe, for the brush was so thick that Reddy Fox could never crawl under.

"It's a regular castle," thought Peter.

Now Peter didn't know much about castles. If he had he would have expected to find somewhere a secret passage. All castles, you know, have secret passages. Anyway, they are supposed to. But Peter didn't know this, and so when he came to an old stump right in the middle of the brush pile and between the roots of it found a hole a doorway. Like the first doorway, this one was partly closed with dead leaves and sticks. Peter peeped out between them. Then his heart gave a great jump. That doorway wasn't under the old brush pile at all. It was almost under the very tree in which sat Redtail the Hawk keeping watch, and it was nearly hidden by a little hemlock tree growing close by. Peter chuckled, a still little chuckle, that no one should hear. Then he stretched himself out to watch and wait. When the black shadows began to creep across the Green Forest Redtail flew away to get Hooty the Owl to take his place, for you know Redtail cannot see at night. Then very, very carefully, Peter pulled aside the leaves and sticks and tiptoed out, taking care not to make the teeniest, weeniest sound. As soon as he dared he began to run, lippertylippertylip, and soon was well on his way to the dear Old Briar Patch.

© T. W. Burgess.—WNU Service.

BEAUTY HINT
Strengthening the Fingers



Hands require as much care as the face if a woman is to retain her all-around beauty. An important and effective exercise for strengthening the fingers is stretching, using a yardstick which shows how far you are extending them. Posed by Cecilia Parker.

Farley Household Poses for Camera

New York.—The family of James A. Farley, postmaster general, is like many another prominent official's family in that it seldom shares the spotlight. But an alert photographer caught the postmaster general with his wife and their two daughters, Ann and Betty, as they left St. Patrick's cathedral after Sunday services.



TWO-MINUTE BIOGRAPHIES

NEVILLE CHAMBERLAIN

At sixty-nine, Prime Minister Neville Chamberlain of Great Britain has tackled one of the toughest governmental jobs in Europe. He comes fresh from six grueling years as chancellor of the exchequer, assuming the new task at a more advanced age than any man since Campbell-Bannerman. Yet he has taken over more work than any prime minister since Lloyd George, who was only fifty-three when he began handling the wartime group back in 1916.

Nor is the prime ministership Mr. Chamberlain's only job. In 1924 Ramsay MacDonald took over both the premiership and the foreign office, thereby establishing a record. Chamberlain has taken the premiership plus about one-half the foreign secretary's duties. All this has been done at a time when the premiership alone has all but crushed two men, and foreign affairs have unseated three foreign ministers in three years.

Mr. Chamberlain is also leader of his party in the house of commons, which means he must be at his "bench" every afternoon. Physically he is slight, but he possesses so much wiry vigor that he bears the task better than would some of his predecessors.

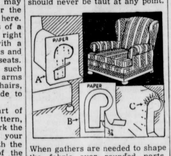
HOW to SEW

By RUTH WYETH SPEARS

STRIPES are popular for slip covers this season. Don't forget to center a striped pattern in the back and the seat of a chair. The crosswise use of stripes may also have possibilities as for the bottom of the chair shown here.

Generally the main pieces of a slip cover are fitted and cut right on the piece of furniture with a generous allowance for seams and a tuck in around spring seats. For small shaped sections, such as the fronts of some chair arms and parts of some wing chairs, paper patterns may be made to use in cutting the fabric.

Pin the paper to the part of which you wish to make a pattern, as shown here at A, then mark the outline on the paper feeling your way along the edge line with the side rather than the tip of the pencil point. Cut the pattern ¾ inch outside the outline as shown at B. This allows for a seam and slight ease in the slip cover which should never be taut at any point.



When gathers are needed to shape the fabric over rounded parts, gather the edge and arrange the gathers with the cover piece pinned in place as shown at C.

Directions for making various types of slip covers are given in my book, SEWING, for the Home Decorator; also many types of dressing table covers, seventeen different types of curtains, bedspreads, and numerous other useful and decorative things for the home. I shall be glad to send you a copy upon receipt of 25 cents (coins preferred). Address Mrs. Spears at 210 S. Desplaines St., Chicago, Ill.

Dresses for Street and Home Wear!

TWO dresses, as practical as they are pretty—one for shopping and general street wear, the other ideal for round the house, and made on slenderizing lines. Notice that they both use the smart front closing. Both these patterns are quick and easy to make up, and each is accompanied by a complete and detailed sew chart.

Frock With Girdled Waistline. Fashion says everything must have a certain amount of soft detailing this season, and this charming tailored dress obeys with draping at the neckline, the girdled waist, and bust fullness beneath smooth shoulders. Easy



even formal civility, however, is invariably preferable to "brutal frankness."

The harder it is for a person to be decent in society, the more he should practice the social "niceties." The best place to practice kindness is in one's home. If one trains himself to be polite to his relatives, he need not fear that he will make any serious social blunders.—James Warnack in Los Angeles Times.

CHEW LONG BILL NAVY TOBACCO 5¢ PLUG

Pure as a Dewdrop

1489 1476

We Forget Our Blessings

We know only too well that there are times when everything goes wrong, but, in our haste to make the worst of life, we are apt to forget that there are also times when everything goes right.—J. B. Priestly.

ARE YOU ONLY A ¾ WIFE?

Men can never understand a three-quarter wife—a wife who is terrible for three weeks of the month—but a full-out the fourth.

No matter how your back aches—no matter how loudly your nerves scream—don't take it out on those you love.

For in 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 nervous irritability and 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 praising it.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND!

As His Principles

One may be better than his reputation, but never better than his principles.—Latena.

Black Leaf 40

KILLS INSECTS ON FLOWERS • FRUITS VEGETABLES & SHRUBS

Demand original sealed bottles, from your dealer

Work of the Foe

It is the enemy who keeps the sentinel watchful.—Mad. Swetchine.

RHEUMATIC PAINS 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. In use over 50 years. 25c and 50c bottles.

YAGER'S LINIMENT

True Courtesy Is Consideration in Action

Between merely formal courtesy and heart-inspired kindness, there is as much difference as between a wax model and a real woman.

Have You Entered This Cake Recipe Contest?

IT'S EASY TO WIN A CASH PRIZE

Nothing to buy . . . No Letter to write

Have you submitted a recipe in the big Cake Recipe Contest now being conducted through this newspaper by C. Houston Goudiss, author of our "WHAT TO EAT AND WHY" series?

If not, take time today to get your favorite cake recipe, and send it to him, attaching the coupon below.

What Is Your Specialty?

There are no restrictions as to the type of recipe that may be submitted. A simple layer cake that's "good" to send with an elaborate layer cake of which seven-layer cake is the best cake in town.

No Letter to Write.

You'll agree that now this is one of the easiest contests you ever entered, because there is nothing to buy, no letter to write. And it won't take more than a few minutes to write out your recipe and fill in the coupon.

Contest Closes May 31st.

You won't have long to wait either, to know the outcome of the contest. The closing date must be postmarked not later than May 31, 1938, and prize winners will be announced as soon as possible thereafter.

Prize winning recipes, together with those receiving honorable mention from the judges, will be printed in a booklet to be distributed nationally.

16 Cash Prizes.

The winning cakes will be selected by experienced home economists on the staff of the Experimental Kitchen Laboratory maintained by C. Houston Goudiss in New York City. The recipe adjudged the best cake will win the lucky homemaker who submits it; there will be five second prizes of $10 each and ten third prizes of $5 each.

First Prize $25.00 — Five Second Prizes $10.00 Ea. — Ten Third Prizes $5.00 Ea.

● Enter your recipe in this contest today. Mail recipe and coupon, securely filled out with your full name, address, town, state, and the trade name of the shortening used in baking your cake, other than the sponsor's, to C. Houston Goudiss, 6 East 39th Street, New York, N. Y.

Cake Recipe Contest

C. Houston Goudiss
6 East 39th Street, New York, N. Y.
Please enter the attached cake recipe in your contest.

My name is.....
My address.....
Town.....State.....
My recipe calls for.....(Brand name of shortening)
My recipe calls for.....(Brand name of baking powder)
My recipe calls for.....(Brand name of flour)

CLASSIFIED DEPARTMENT

INDIAN ARROW HEADS

SEND $1.00. I Will Mail Prepaid 30 REAL ARROW-Heads. P. V. LEMAY, HAMPTON, Pa.

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Eight popular breeds and crosses. Started Pullets, Cockerels, Breeding Stock. Catalog and price sheet. MILFORD HATCHERY, Milford Road or Liberty Rd., Pikesville, P. O. Rockdale, Md. Pikesville 58-R.

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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

RAZOR BLADES

100 DE RAZOR BLADES; 2 large tubes shaving cream; 2 styptic pencils; all for only $1.00 postpaid. CHAS. ALMES, 310 S. WYOMING AVE., PHILADELPHIA, PA.

OPPORTUNITY

FREE WE WILL MAKE IT WORTH YOUR WHILE
If you will send us names and addresses of five persons who would be interested in oil development. We would then send you, free, with our compliments, a 50-word Classified Ad, showing oil lessons in the United States. Your name will not be used. Address
WESTERN OIL TRUST 625 Pac. Fin. Bldg. Los Angeles, Calif.

TODAY'S STORY

Lord Macbeth Found Similar To Gangster

By ELIZABETH C. JAMES

IF YOU were to take the man Macbeth out of William Shakespeare's play, he would make a modern gangster. He strongly resembles Al Capone and John Dillinger.

Macbeth was unfit for organized society, he did not adapt himself to the schemes of things, but rather he tried to fit the world around himself. Selfishness ruled his thinking, he wanted that which belonged to others. His ego desired to be the head of the outfit. After he had gained his position of power, his life continued to parallel that of a gangster. He suspected all men of being murderous. To protect his life he employed the most extensive system of spies. Yet his days were lived in constant fear. As do many criminals, he thought to beat the laws of right and wrong, but a fearful life and violent death showed him that he was subject to the same world as other men.



Elizabeth James

Most everyone recalls the plot of "Macbeth," either from the book studied in school or from some stage production. A sketch will re-establish it.

Wife Leads Plotters.

Macbeth, a general in the king's army, won a great victory, as the play opens. The king honored his favorite subject by planning to spend that night at his castle. Immediately Macbeth and his wife reveal that this is the opportunity for which they have been planning. They will murder the king in their own castle, and no one will dare to suspect Macbeth, the hero.

When her husband faltered in his scheme, Lady Macbeth forced him to the deed by calling him cowardly, for she knew how much he wished to be king. She prepared all the details of the deed, even drugging the bodyguards. She said that she would kill the king herself, but he resembled her father as he slept.

Macbeth killed the sleeping king, and was the loudest in his surprise when the dead body was also discovered the next morning.

Banquo, close friend and fellow officer, dared to show Macbeth that he suspected the truth. Macbeth later had him taken for a ride and murdered because he knew too much.

Life as king did not bring joy to Macbeth. Fear mounted in his own heart, and he increased the number of spies in the homes of his noblemen. Spies followed every move soon as he felt that any man disliked him, he notified his killers. Hatred of Macbeth grew on all sides of Scotland. Finally the time seemed ripe, and Macduff fled to England for help. From perfonal knowledge, he had the highest opinion of Macbeth's abilities. Macduff was the only one who dared to oppose Macbeth, the hero.

Lady Macbeth Dies.

Life for Lady Macbeth was one long punishment. She had to watch her husband's degeneration, knowing he was sane. She should have been a time for such a world." She would have died anyway! (But it might have been at a more convenient time!)

Justice and revenge work together, when Macduff fights Macduff kills Macbeth.

If Shakespeare lived today, he would be skillful with the horror movie. In "Macbeth" there are witches who prophesy baneful happenings. A storm is background for murder. In a cave filled with bats, a fire smoulders beneath a cauldron.

The elements of tragedy are many. Macbeth violated every duty to his king, to his subjects, to his wife, to God. As hatred and murder increased in his soul, love and sympathy decreased, until his wife became to him as a stranger, who should have died when it would not have disturbed his activity.

© Bell Syndicate.—WNU Service.

Graceful Butterfly New Crochet Idea

There's graceful beauty in every stitch of this butterfly which you'll find charming for a chair set, buffet set or scarf ends. Crochet it in string or mercerized cotton and makes the center of each wing and arm rest. Fascinating pickup type structure in the world built of steel and concrete. Polished veneer lining the molds in which the concrete was poured gave the surface a smooth finish resembling stone. The same continuous window strip straight up several stories is a feature of the construction, putting 17 glittering vertical stripes up the Fourteenth street side of the building. The annex's five massive wings are visible from the south. Skylights with northern exposure are provided for top floor studios of artists and engravers who design stamps, currency, and bonds; as far as possible, daylight will be substituted for the blazing blue electric lights so long a feature of the old Engraving building across the street. All stamps will be manufactured in the new annex, as well as designs for other valuable paper; 19 vaults for storage and three non-pilferable incinerators, for completely destroying discarded valuables, are built-in features of the equipment. A tunnel connects the annex building with the government loading platform in the railroad yards nearby, for safer shipment of valuables and the easier unloading of paper, dyes, and chemicals.

The capital's third new annex of the year is the addition to the library of congress, called on the parent building and glaringly white beside its age-grimed elder. This annex provides storage space for ten million books, as well as numerous periodicals, with a penthouse for 187 quiet private study rooms.

Nearby in the capitol, the year has brought changes in the bronze population of Statuary hall—three newcomers. Nebraska has installed its first representatives in this American Hall of Fame, William Jennings Bryan and Alexander Mitchell. General William Henry Harrison Beadle, educator, was sent to Statuary hall for South Dakota. In the gaunt somber crypt of the capitol basement has been installed a pearly white plaster model of the building, made in an accurate scale of one-fifth inch to the foot, complete to the last detail of balustrades or Corinthian capitals of columns. A detachable section shows how the East front would look if extended as the architect planned.

Capitol Now Air-Conditioned.

Most striking development in the capitol, from the tourists' point of view, is the newly installed air-conditioning plant which has the cooling capacity of a seven-story block of ice melting in 24 hours, or of 200,000 average household refrigerators. The air-conditioning operates from the capitol power plant, and furnishes cool air also for the senate offices and the two house office buildings through a giant system of copper pipes.

Outstanding indoor developments in the District of Columbia have taken place in the new south building of the Department of the Interior. The Office of Education library has been installed, with its museum collection of early American textbooks as well as modern education material. Near the building's south entrance is the new museum, dramatizing the work of the nine bureaus and departments of the Interior with maps, charts, models, photographs, and 11 dioramas showing tiny figures in well built and lighted scenery.

Sculptures and Murals.

More interior decorating within the past year has peopled the Benjamin Franklin Post Office building with sculptured figures showing a dozen kinds of postmen; on snowshoes, on a stage coach, in a mail plane, traveling by Pony Express, etc. Murals in the same building depict mail service during covered wagon days, in the Revolution, in the tropics and in the Arctic, and in danger from Indian and bandit attacks.

Murals and fresco painting directly on plaster have also been added to the decorations of the Department of Justice. The series shows symbols of justice in its relation to mob violence, prisons, children and law. Murals of monumental size have been installed in the Archives building.

Park developments include a commemorative tree-planting along the George Washington Memorial parkway, honoring the 21 states that signed the Constitution, with sycamore, pecan, hemlock, and other typical trees.



Washington Monument Framed in a Capitol Arch.

Tourists to Our National Capital Find Many New Structures Have Risen

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

"IT LOOKS just like the postcards!", typical sightseer's comment on the Washington scene, is still true. The Capitol dome is still the same as in the newsreel backdrop for senatorial snapshots. The Washington monument at night is still a looming landmark in peaked white hood with red airplane beacons for eyes.

But behind the scenes and indoors are many changes which prevent last year's two and three-fourths million visitors to the District of Columbia from feeling they have seen everything.

The triangular block east of the Archives building, where motorists have been staring at blank wooden enclosing walls while waiting for traffic signals at Constitution and Pennsylvania avenues, has at last been unveiled to reveal the Apex building. This new home for the federal trade commission is named for its position at the apex of the Federal Triangle group of glorified office buildings already housing ten important bureaus and commissions. The new seven-floor Apex structure has a "Flatiron" fourplex, with its rounded column-lined tip pointed up Pennsylvania avenue toward the capitol, five blocks east.

As soon as the Apex building shed its screen of grey hoarding, up went a larger wooden barrier across the street and two steam shovels began to bite out the foundation for a National Art Gallery to house the Mellon collection. Art students may amuse themselves while waiting for its completion by visiting the recently opened Museum of Modern Art, fifth art museum of Washington. Beige and ivory backgrounds and furniture of blond woods lend an atmosphere of freshness to the District's affiliate to New York city's Modern Art museum. The new gallery, in the Metropolitan Club building at Seventeenth and H streets, presents changing exhibitions instead of a permanent display.

For Financiers and Animals.

A recent addition to the stern facades of Constitution avenue is the Federal Reserve Bank Board building at Twenty-first street. A pair of splashing fountains in shallow black granite bowls flank the entrance to the spacious low building of polished white grey-veined Georgia marble. Over the front door broods a stone eagle four yards tall. Within, the two-story marble hall, with roof of molded glass, has a double stairway leading to the 12 doors tagged with the names of the 12 member banks.

Other new buildings on the district official scene are the additions to the National Zoological park—the Pachyderm house for giraffe, elephant, rhino, hippo, tapir, and buffalo tenants; and the air-conditioned Small Mammals house for monkeys, civet cats, otters, and such little creatures as squirrels, gophers, chipmunks, and kangaroo rats.

Strictly businesslike is the appearance of the 11-story remodeled quarters of the Home Owners Loan corporation, at First street and Indiana avenue, with tidy limestone front covering almost 200,000 square feet of office space. Nearby rises the new District Court building with its eight streamlined courtrooms, situated just south of Judiciary square.

Among unusual new structures in Washington are several which will take their places in the official directory under the obscure title of annexes. The Agricultural annex, also known as the Standardization building of the bureau of agricultural economics ("Cotton building" for short) is a big six-story rectangle of tapestry brick at Twelfth and C streets Southwest. Here, cotton, wool, hay, seeds, beans, and other agricultural products are tested and classified for sale. Continuous window strips four stories high and special skylights, scientifically designed to throw shadowless light into laboratories used for classing cotton fiber according to color and size, are outward signs of the scientific research within.

Huge Engraving Annex.

The bureau of engraving's new seven-story annex across the street is believed to be the largest factory-

Pattern No. 6031.

up work that's easy to do. In pattern 6031 you will find directions for making a chair or buffet set, and scarf; illustrations of the chair and of all of stitches used; material requirements; a photograph of the butterfly.

To obtain this pattern, send 15 cents in stamps or coins (coins preferred) to The Sewing Circle Pattern Dept., 259 W. 14th Street, New York, N. Y.

Start the day feeling FIT and ACTIVE!
Don't let a sluggish constipated condition make you feel MISERABLE! TRY GARFIELD TEA. Get rid of the waste that's poisoning your system. Let nature help you. Drink GARFIELD TEA. Let it help you feel fine. Only 25¢.
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Sentinels of Health

Don't Neglect Them!

Nature designed the kidneys to do a wonderful work. They contain 9 miles of living blood stream free of an excess of toxic impurities. The sting of kidney-like backache, persistently pr oaching waste matter in the blood if good health is to endure.

When the kidneys fail to function as they should, poisonous waste matter may remain in the blood and cause body-wide distress. Getting up nights, nervousness, persistent headache, attacks of dizziness, getting up nights, swelling, puffiness under the eyes—feel tired, nervous, all worn out.

Frequent, scanty or burning passages may be further evidence of kidney or bladder disturbances.

Don't neglect these and proper treatment by a physician should help the kidneys get rid of excess poisonous body waste. Use Doan's Pills. They have had more than forty years of public approval. Are endorsed the country over. Insist on Doan's. Sold at all drug stores.

DOAN'S PILLS

DID YOU KNOW?

HE DIED RICH

The life span of William Shakespeare, from 1564 to 1616, was almost identical with that of Queen Elizabeth, great ruler of the English Renaissance.

Of his life not enough is known to satisfy the world's interest. There are legendary tales, besides written evidences left by his friends. To his boyhood belongs the story of poaching deer, to his youth the relationship with Ann Hathaway, later to be his wife-hood, his rise from lackey at the play houses to owner and producer of plays. He accumulated over a quarter of a million dollars. Of his contemporaries, some envied him, some loved him.

Does That Originated in U. S.

Of the many breeds of dogs which are recognized by the American Kennel club, only three originated in the United States, says a writer in Collier's Weekly. The Chesapeake bay retriever, registered in 1878; the American fox hound, registered in 1886, and the Boston terrier, registered in 1893.

Gained Title to Azores

Portugal gained title to the Azores by colonizing them in the Fifteenth century.

WHAT TO EAT AND WHY



C. Houston Goudiss Discusses the NEED FOR IODINE

Key Substance of the Thyroid Gland—Tells How to Avoid Iodine Starvation

By C. HOUSTON GOUDISS

6 East 39th St., New York City

THE discovery of our vital need for iodine is one of the most thrilling chapters in the long history of scientific research.

Many investigators contributed to our understanding of iodine hunger, but special credit is due to Dr. David Marine and his co-workers; and to Dr. E. C. Kendall of the Mayo Clinics at Rochester, Minn.

Today we know that although it constitutes only about one part in three million parts of the body weight, iodine is so essential that its absence from the diet may have the gravest consequences.

★

Thyroid—The Gland of Glands

Iodine is necessary for the normal functioning of the thyroid gland, situated in the front part of the neck. The thyroid is so important that it is often regarded as the throttle which governs the human locomotive, and when it fails to function normally, the body machinery may be thrown out of balance.

Thyroid disturbance during childhood may affect mental and physical development, and many children have been accused of laziness who are suffering from thyroid deficiency. Thyroid disorder may be a complicating factor in obesity, and specialists have found that it is associated with many stubborn skin diseases. It is also claimed that iodine starvation influences mental make-up and emotional tendencies.

★

Disfiguring Goiter

Simple goiter is a common disorder of the thyroid gland. At one time the very mention of this disease terrified girls and women, who feared the unsightly lump in the neck which disfigures the victim. Now, thanks to dramatic experiments, we know that simple goiter is an iodine deficiency disease.

★

Animal Experiments Point the Way

In 1916, it was estimated that a million young pigs died annually in Wisconsin. Investigation disclosed that their thyroid glands were abnormally large and abnormally low in iodine. When iodine was administered to the mothers, the young pigs were born normal.

Scientists reasoned that if goiter could be prevented in animals, it could be prevented in humans, and undertook the now famous census in Akron, Ohio. A study was made of the thyroid glands of all school girls from the fifth to the twelfth grades. Almost 50 per cent were found to have enlarged thyroid glands.

The girls were given small doses of sodium iodide dissolved in drinking water at given periods over 2½ years. At the end of that time, investigators found that of 2,000 pupils, only 5 developed thyroid enlargement. Of the same number not treated, 500 showed enlargement.

★

Danger Periods

This demonstration aroused the interest of the scientific world and gave impetus to additional experiments which increased our knowledge of the iodine requirement.

The great danger periods are during pregnancy, childhood and adolescence. The diet of the expectant mother must include an adequate supply to protect herself and avoid the early development of simple goiter in the child.

It is also essential to provide sufficient iodine for growing children, as the incidence of the disease increases steadily up to the eighteenth year in girls; in boys it reaches its peak at twelve.

Some investigators also claim that one way to enhance the action of the glands after middle life, and so prolong youth, is to include in the daily diet some foods with a high iodine content.

★

Nature's Storehouse of Iodine

It is the duty of every homemaker to learn where the necessary iodine can be obtained and to include iodine-rich foods in the daily diet, but it is especially important for those living in "the goiter belt." This area stretches along the Appalachian mountains, as far north as Vermont, westward through the basin of the Great Lakes to the state of Washington, and southward over the Rocky Mountain and Pacific states.

★

Iodine-Rich Foods

The sea is the great storehouse of iodine and hence, the most abundant sources are sea food, including salmon, cod, crabmeat and oysters; cod liver oil; and kelp.

Fruits and vegetables grown near the sea contain varying amounts of iodine, depending upon the water and soil, and the season, the iodine content being at a maximum in the autumn and winter.

In general, it may be said that the leaves of plants contain more iodine than the roots, and that leafy vegetables usually contain more than fruits, with the exception of cranberries, which are a good source. When the soil is rich in iodine, watercress becomes a fine source of this substance.

★

Iodized Salt

One of the most satisfactory methods for adding iodine to the diet, especially in goiterous regions, is through the use of iodized salt. In Detroit, a city-wide test of iodized salt reduced the prevalence of simple goiter from 36 per cent to 2 per cent. Similar figures have been cited for other localities. Iodized salt at costs no more than ordinary table salt and is an excellent safeguard against simple goiter.

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Iodine in Drinking Water

Even in early times, it was believed that there was some relation between goiter and drinking water, and recent evidence has disclosed that there was a sound basis for this belief. Two investigators found that the water in a large part of the northern half of the United States falls into a low-iodine classification.

Several communities have given consideration to the prevention of goiter by the addition of iodine to the water supply. This method is commendable, but it must be borne in mind that wherever iodine is taken in forms other than food, careful supervision by the physician or the public health authorities is necessary.

To those homemakers interested in planning the best possible diet for their families, I shall gladly send lists showing which foods are rich in iodine and which are poor in this substance.

Questions Answered

Miss C. T.—Agar-agar is a non-irritating, indigestible carbohydrate. As it is not digested, its caloric value is zero, and it could not possibly be fattening.

Mrs. B. R. S.—The average meal leaves the stomach within four hours, though a large meal may stay for five hours. However, the length of time food remains in the stomach is only a fraction of that required for the entire digestive process, which varies in normal individuals from 12 to 47 hours. Carbohydrates leave the stomach most quickly, proteins are next, and fats require the longest period.

Miss S. G.—There is no justification for serving toast at every meal instead of bread. It is true that proper toasting changes some of the starch to dextrine which is quickly and easily digested. But laboratory experiments reveal that the proteins of toasted bread and crusts have a lower digestibility, and animals gain less weight when fed on them than on the untoasted bread and the inside portion of the loaf.

Mrs. M. S. F.—I do not approve of the strictly vegetarian diet because it is usually unbalanced. One who desires to omit all animal foods from the diet must also omit the top-notch protective foods, milk and eggs. It is doubtful if adequate protein could be supplied without milk, eggs or meat. Good health is best maintained on a balanced diet, and is such a priceless possession that I cannot understand why anyone should risk the consequences of consuming a one-sided diet.

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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 foods and diet. It's not necessary to write a letter unless you desire, for postcard inquiries will receive the same careful attention. Address him at 6 East 39th Street, New York City.

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AROUND THE HOUSE

For a Flskier Crust.—One-half teaspoonful of vinegar, added to the water when making pie crust, will assure a flakier crust.

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Stretching the Salad.—When the salad is limited and you wonder if it will go around comfortably, scoop out tomatoes and use the salad as a filling. Then you will surely have enough.

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Stuffed Eggs.—To stuff eggs, put them into cold water as soon as taken from the stove. This will keep the whites in better condition.

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Cooking Dried Fruit.—Soak and cook slices of lemon with dried apricots, prunes or peaches. One thin slice of lemon will be enough for each two cups of dried fruit.

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Varnish Straw Articles.—All articles made of straw, such as baskets suitcases, matting, will last longer if given an occasional coat of white varnish.

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Butter Marshmallow Fork.—When toasting marshmallows to prevent them from sticking to stick or fork when toasted, have handy a cube of butter so the toasters can thrust their stick or fork into it before putting the marshmallows on.

Send for this FREE CHART
Showing the Iodine Content of Various Foods

YOU are invited to write C. Houston Goudiss for a chart showing the foods rich in iodine and those which are poor in this substance. It will serve as a valuable guide in preparing balanced menus.

Just ask for the Iodine Chart, addressing C. Houston Goudiss, at 6 East 39th Street, New York City. A post card is sufficient to carry your request.

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Impudent One

Is not he impudent, who seeing the tide making toward him a space, will sleep till the sea overwhelms him.—Tillotson.