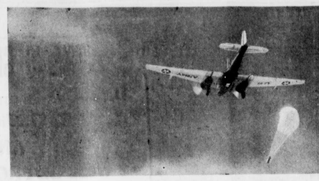
Food Falls Like Manna from Heaven

U. S. Troops Depend on Air Delivery for Daily Rations in Maneuvers

Early in April Uncle Sam sent a platoon of 32 men into the desert near Valentine, Texas, without food. But these men probably fared better than the average soldier on the march, for Uncle Sam was solicitous about sending daily provisions by airplane, delivered via parachute to the hungry men below. Fresh meat, rushed from the cooler, dropped from the skies in a test application of what will probably become common practice in military work.



Large packages of meat, bread and other rations were dropped to the "lost platoon" four successive days during the maneuvers. Huge army planes were employed as "delivery wagons." Their aim was usually good and none of the soldiers went hungry because of split milk or prematurely scrambled eggs.



Fresh meat for supper! A hungry soldier unpacks cool frankfurters from the parachute package.

TONIGHT'S BEDTIME STORY

By THORNTON W. BURGESS

If you should meet with Mr. Toad
You scarce would give him half the road.
But what if you'd be more fair
If you should meet with Buster Bear?

PROBABLY you would. Indeed, I suspect that you would give him all the road. And the funny part is that it is quite likely that Buster would be quite as polite and would give you all the road. The fact is that, big as he is and strong as he is and fierce as he looks, Buster Bear is very shy and bashful. Little as Old Mr. Toad is he would hardly more than hop out of the way of your feet, while big as Mr. Bear is he wouldn't even let you see him if he saw you first.

That is one difference between Old Mr. Toad and Buster Bear, and, of course, as you know, there are a great many other differences. But in one thing they are very much alike. Yes, Old Mr. Toad and Buster Bear are very much alike in one thing. Can you guess what it is? Well, it is in their fondness for ants. Old Mr. Toad is just as fond of ants as Jimmy Skunk is of fat beetles. So is Buster Bear, and that is how it happened that Buster Bear came to invite Old Mr. Toad to dine with him.

Buster had that lonesome feeling again and was wishing he had some one to talk to him when just ahead of him he saw Old Mr. Toad watching something very intently. Every once in a while he would lean forward, run his long tongue out like a flash, and then smack his lips as if something tasted oh, so good! He was so busy with what he was doing that he didn't see Buster Bear and he didn't hear him. You know Buster, big as he is, can walk without making the teeniest, weeniest sound. Buster tip-toed a little bit nearer until he could see just what Old Mr. Toad was doing. He was watching a little ant hill and snapping up every ant that came along. Buster nodded his head approvingly.

"I'm glad to see that you have such good taste, Mr. Toad," said he in his deep, grumbly-rumbly voice.

Old Mr. Toad gave a frightened little scream and fell right over on his back, kicking his legs feebly in the most foolish way. He looked so funny that Buster Bear just had to laugh. He couldn't help it. And because his laugh was grumbly-rumbly like his voice Old Mr. Toad was more frightened than ever.

"Seeing you eat makes me hungry, too," continued Buster. This set cold shivers all over Mr. Toad, for he was sure that Buster meant to eat him.

"How would you like to dine with me today?" went on Buster, pretending not to notice how frightened Mr. Toad was. "It must be very slow work catching ants one at a time. What do you say to taking dinner with me?"

Old Mr. Toad struggled to find his voice, for he felt that he must be polite.

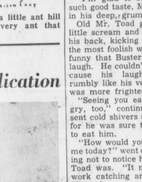
"I—I—I don't feel hungry any more," said he faintly. "I—I think if you will excuse me, Mr. Bear, I'll be moving along."

"Than I will go along with you," said Buster, who was just aching to have some one to talk to.

Poor old Mr. Toad! This was too much for him. He didn't have strength enough to turn over and get on his feet again. He was sure now that Buster Bear meant to eat him when he got ready. Perhaps Buster would be better pleased if that invitation to dinner was accepted. It was of no use to even try to run away, and as for trying to hide under anything—why there was nothing to hide under that Buster Bear could not pull over and catch him.

"I—I've changed my mind; I'll be very pleased to dine with you, Mr. Bear," said Old Mr. Toad in a voice he meant to sound very brave, but which was so faint that Buster Bear cocked his head on one side in order to hear better.

© T. W. Burgess.—WNU Service.



He was watching a little ant hill and snapping up every ant that came along.

Rest and Soothe the Eyes With Boric Acid Application



Too much sun or wind? It's hard on the eyes and there's no cure like a cold boric acid pack. Apply with saturated cotton. Posed by Cecilia Parker.

Quaker Squirrels Like 'Em Roasted

New Castle, Pa.—Some of this city's squirrels have lost almost all of their fur and resemble Mexican hairless dogs—because they like their peanuts roasted.

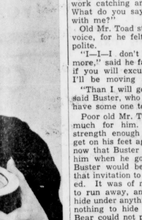
This roasted peanut diet is the cause of the rash which is making the squirrels lose their natural clothing, City Forester Owen P. Fox declared.

He appealed to persons who have been feeding the squirrels to cease feeding roasted peanuts and instead to give the animals raw "goobers."

The squirrel-feeding problem is a bit complicated by the fact that the animals have become accustomed to the roasted peanuts and prefer them, he admitted.

Especially the squirrels in Gaston park, a municipal recreation center, have been going "bald all over," he said.

Coolie Influence



Down a country roadway there's no outfit so gay as this. The hat is a colorful yellow pancake straw affair with under-the-chin tie of black satin ribbon. The coolie influence is also carried out in a brilliantly flowered cotton jacket, savoring strongly of the Orient. The tailored slacks are of white sharkskin. Posed by Gale Sondergaard.

Holding Through Vehicular Tunnel

New York.—While traffic poured through the south tube of the new Lincoln tunnel between New York and Jersey City, engineers "holed through" on the north tube, just a few feet away. It was formerly believed that a tunnel could not be bored under such circumstances, without disturbance to the existing or companion tube.

TWO-MINUTE BIOGRAPHIES

JOHN D. ROCKEFELLER, JR.

The son of America's pioneer oil millionaire has been taught saving methods since childhood, when he earned five cents an hour for practicing on the violin and one cent apiece for hunting fenceposts that needed mending. Long ago he became leader of the Rockefeller family. John D., Sr., having dropped from the picture except to hand out an occasional shiny new dime.

Rockefeller, Jr., was born in 1874 and entered the business world immediately after his graduation from Brown university in 1897. It was his arrival in the picture that changed the Rockefeller family from a cold, unsympathetic business firm to the humanized organization which emerged under the guidance of Ivy Lee, a famous press agent.

Strikes, and harsh treatment thereof, had given the Rockefellers a bad name when Ivy Lee came along and found a sympathetic listener in John D., Jr. But it was more than a desire for public appreciation that made the younger Rockefeller start foundation after foundation for public service.

John D., Jr., is not active in oil intergats; in fact he has made an effort to divest himself of all directorates which carry with them money-making responsibilities.



WHAT to EAT and WHY

C. Houston Goudiss Describes the Place of Fats in the Diet

Nationally Known Food Authority Compares the Different Cooking Fats and Shortenings

By C. HOUSTON GOUDISS
4 East 59th St., New York City.

THERE are, perhaps, more false notions concerning fats than any other class of foods.

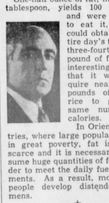
Some homemakers, considering them as "fattening" only, try to eliminate them entirely from the diet. Others have the impression that foods containing fat are difficult to digest, and for this reason deprive their families of many delicious and healthful foods. Both points of view arise from ignorance of dietary facts.

★

Fats Are Necessary to Health

Fats have a number of important functions to perform. They are a concentrated fuel food, having more than twice the energy value of an equal weight of protein or carbohydrate.

One-half ounce of fat, that is one tablespoon, yields 100 calories, and were I able to eat it, a man could obtain an entire day's fuel from three-fourths of a pound of fat. It is interesting to note that it would require nearly eight pounds of cooked rice to give the same number of calories.



In Oriental countries, where large populations live in great poverty, fat is usually scarce and it is necessary to consume huge quantities of food in order to meet the daily fuel requirements. As a result, most of the people develop distended abdomens.

★

Children Must Have Fat

Because fat is such a compact food, nutritionists agree that for growing boys and girls, and men engaged in strenuous physical exercise, fat is almost essential, if they are to get enough total calories.

There is also experimental evidence that at least a small amount of one or more of the unsaturated fatty acids must be supplied by the food if normal nutrition is to be maintained. **And two competent investigators found, experimentally, that the presence of fat in the diet tends to conserve vitamin B in the body.**

Some fats, especially those from animal sources, are rich in vitamins A and D, and fats made from vegetable oils may contain vitamin E.

★

Fat and Hunger

Perhaps the greatest service performed by fat is its ability to give "staying power" to the diet—to satisfy hunger. **In this respect, it directly affects the digestion and may influence the ability to enjoy life.**

The shortage of fats in European countries during the World war graphically demonstrated how a deficiency of this class of foods can destroy the morale of entire nations.

With supplies cut off or very greatly curtailed, the warring countries found it necessary to ration fats closely. As a result, their people were always hungry and dissatisfied, even when their actual needs were satisfied. **In this connection, it is interesting to note that a slice of bread and butter or margarine will delay the onset of hunger longer than a slice of bread and jam, even though the number of calories may be the same.**

★

Different Fats Compared

As sources of energy, the different food fats are very similar. Thus, the homemaker's choice may be determined by preference, convenience, economy, and the use to which the product is to be put.

The various forms of edible fats and oils are derived from both animal and vegetable sources. They include butter, margarine, lard, shortening, and also a mixture of animal fats and vegetable oils, hydrogenated fats, and the liquid vegetable oils.

Butter and margarine are used chiefly as a spread, and it is interesting to note that the annual consumption of margarine is steadily increasing, as homemakers have discovered that the use of this less expensive product releases more money for milk, fruits and vegetables. Margarine is interchangeable with butter for dressing vegetables and in doughs containing spices, fruits and chocolate. Its shortening power and keeping qualities are similar to those of butter.

Lards, compounds and other shortening fats are useful not only as a means of increasing palatability and food value, but to add flakiness to baked foods and to produce a crisp coating which seals in the minerals and vitamins of fried foods.

Lard is used chiefly as a shortening for pastry, and a good grade will be found to be white and free from objectionable odors. The highest grade, called leaf lard, is produced from the leaves of fat in the sides of the hog.

When made by a reputable manufacturer, the compounds prepare especially for cake making, for shortening pastry and for deep-frying, are wholesome, highly nutritious and give most satisfactory results. They are a most economical form of shortening.

★

Digestibility of Fats

Because of their ability to retard digestion somewhat and thus give satiety value to a meal, the impression has grown up that fats are "difficult" to digest. This results from confusing the length of time required for digestion and the completeness with which a food is digested.

When "digestibility" is regarded in the popular sense of the ease, comfort and speed with which the digestive organs carry on their work, it is conceded that fats in general retard the emptying of the gastric juice and thus cause food to remain longer in the stomach.

On the other hand, most fats have such a high coefficient of digestibility. Mr. Toad added in conditions only about one-twentieth of the fat eaten escapes digestion. Experiments indicate, for example, that the coefficient of digestibility of oleomargarine is 97.55 per cent.

It is sometimes erroneously stated that pastry is indigestible. This statement is without foundation, provided the pastry is made from a high grade shortening and is properly baked. Similarly, fried foods come in for a great deal of criticism that should not be charged to the use of fat, but to incorrect methods of cooking. If food is properly cooked in fat that has a high smoking point, there will be no opportunity for decomposition products to develop.

★

How Much Fat?

Nutritionists have ample evidence that health is best served when 30 to 35 per cent of the total energy value foods is provided in the form of fat. This will include the fat of meat and the fat used in cooking the many delicious fried and baked foods which make eating a pleasure.

Are You Overweight? You can REDUCE Safely - Surely - Comfortably

Send for This Free Bulletin Offered by C. Houston Goudiss

Readers of this newspaper are invited to write to C. Houston Goudiss, at 6 East 59th Street, New York City, for his scientific Reducing Bulletin, which shows how to reduce by the safe and sure method of counting calories.

* The bulletin is complete with a chart showing the caloric value of all the commonly used foods and explains how you may eat all you want in comfort and enjoy a healthful weight reduction.

Questions Answered

MRS. M. L., JR. — Dandelion greens make an excellent food. They contain more phosphorus than any other common leafy vegetable, and supply vitamins A, B, C and G.

Miss C. B. R.—It is difficult to compare the iron content of meats because of variations in the amount of fat. It has been established, however, that organ meats, as liver and kidneys, contain more iron than muscle meats, and that pork and lamb contain much less iron than beef.

Mrs. N. H. R.—As to whether a tendency to overweight is inherited: The **body build** is inherited. That is, some individuals tend to be short and stocky; others are tall and slender. However, there is no reason why the stocky individual should allow himself to become obese. Frequently, a condition that is blamed on inheritance can be traced to faulty habits of diet, exercise and sleep, passed on through example and environment.

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For Chic and for Comfort





Preventing Quarrels

Two things, well considered, would prevent most quarrels: first, to have it well ascertained whether we are not disputing about straws, and next, secondly, and secondly, to examine whether that on which we differ is worth contending.—Colton.

Do You Want to Learn How to Plan a Laxative Diet?

Get This Free Bulletin Offered by C. Houston Goudiss

READERS of this newspaper are invited to write to C. Houston Goudiss, 6 East 39th Street, New York City, for a free copy of his bulletin, "Helpful Hints on Planning a Laxative Diet."

The bulletin gives concrete suggestions for combatting faulty elimination through correct eating and proper habits of hygiene. It gives a list of laxative foods and contains a full week's sample menus. A postcard is sufficient to carry your request.

yards of 35-inch material for the apron; ⅜ yard for the panties; ⅜ yard braid or bias binding to trim as pictured.

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 this pattern, 15 cents (in coins) each.

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Demand the original sealed bottles, from your dealer

KOOL-AID MAKES 10 GLASSES BOYS! GIRLS! FREE AVIATION CAPS ASK YOUR GROCER 5¢

Everything you want in NEW YORK!
● Is right around this quiet, congenial hotel.
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It doesn't matter what you're thinking of buying—a hat-pin or a baby grand, a new suit or a hair-cut—you'll find the most reliable place to start your shopping right in an easy-to-use section in this newspaper.
The turn-of-the-page will carry you as quickly as the magic carpet of the Arabian Nights from one end of the shopping district to the other. You can rely on dealers advertising in a guide to the best values in town, in prices and in service. Address and fashion, just as if you were standing in a store.
Make a habit of reading the advertisements in this paper every week. They can save you time, energy and money.

Work That You Can "Carry With You"



Pattern 6030.

You, too, can enjoy the luxury of beautiful lace . . . all you need is a crochet hook and some inexpensive string. Carry them with you wherever you go and make a square—it is just a square!—at a time. Sew them together to form cloths, scarfs, bedspreads, or pillows. There's rare charm in this Italian-type lace . . . smart, exclusive and long-wearing. In pattern 6030 you will find complete instructions for making the square shown; an illustration of it and all stitches used; material requirements; a photograph of the square.

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

Please write your name, address and pattern number plainly.

Our Biggest Industry

Robert M. Hutchins, in the Saturday Evening Post, says: "Education is our biggest industry. It has a $10,000,000,000 plant, and is, therefore, bigger than anything in the country except, of course, the national debt. It employs 1,500,000 persons, and, therefore, has the nation's longest pay roll. It ministers daily to 30,000,000 human beings . . . It spends $2,500,000,000 a year."

"Black Leaf 40" KILLS INSECTS ON FLOWERS • FRUITS VEGETABLES & SHRUBS
Demand the original sealed bottles, from your dealer

Knowledge of the Brave

Only the brave know how to forgive. A coward never forgave; it is not in his nature.—Laurence Sterne.

MEN LOVE GIRLS WITH PEP

If you are peppy and full of fun, men will invite you to dances and parties. BUT, if you are tired, nervous, blue, sour, sick, suffering from functional monthly pain, don't let such things spoil your good times! Start at once to build up your system with Lydia E. Pinkham's Vegetable Compound. It helps Nature tone up the female system, thereby helping to relieve from the functional discomforts of "those days."

Make a note NOW to get a bottle of world-famous Pinkham's Compound today WITH-OUT FAIL. Then your pep should return and a whole lot more will be written in letters of sporting beauty!

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

KILL ALL FLIES
Flood anywhere. Daisy Fly Killer stands all kinds of weather. Guaranteed, effective. Neat, clean, convenient. Lasts all season. Kills hundreds. Costs but a quarter. Ask your dealer today. Get DAISY FLY KILLER.
DAISY FLY KILLER

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GET RID OF BIG UGLY PORES

PLENTY OF DATES NOW...DENTON'S FACIAL MAGNESIA MADE HER SKIN FRESH, YOUNG, BEAUTIFUL

Romance hasn't a chance when big ugly pores spoil skin's attraction. Men love the soft smoothness of a fresh young complexion. Denton's Facial Magnesia does miracles for unsightly skin. Ugly pores disappear, fine lines become firm and smooth.

Watch your complexion take on new beauty from the first few treatments with Denton's Facial Magnesia. Almost overnight, you'll see why the Denton Magic Mirror you can actually see the texture of your skin become smoother day by day. Imperfections are washed away. Wrinkles gradually disappear. Before you know it Denton's has brought you an entirely new skin loveliness.

EXTRAORDINARY OFFER
—Saves You Money

You can try Denton's Facial Magnesia on the Denton Magic Mirror for only $1 (regularly $2) for a few weeks only. We will send you a full 12 oz. bottle (extra) price $1) plus a regular sized box of Denton Skinner Soap (across throughout the country as the original Milk of Magnesia Complexion Soap). Both for only $1.25 (plus tax) from what your skin specialist costs! . . . Both for only $1! Don't miss out on this remarkable offer. Write today.

DENTON'S Facial Magnesia

Mail this COUPON NOW

DENTON PRODUCTS, Inc. 4407—23rd St., Long Island City, N.Y.
Enclosed find $1 (cash or stamps) for which send me your special introductory combination.

Name
Street Address
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MEMO FOR TUESDAY

By J. T. BARBER

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ANGELICA PEPPER didn't like the stuff, efficient click of the typewriter in the practically deserted office of Pepper Wholesale and Distribution, Inc.

She didn't like the smug interoffice memos.

She didn't like this trim efficiency flaunted at her previously pampered existence.

She didn't like it that she had to answer telephones in Papa Pepper's office now that his business was again on the upturn.

But she did like the chestnut haired young man who was making two contracts grow where none grew before.

This was old A. J.'s new business management engineer and his name was Jake Fernal.

Today Jake Fernal would mount the upper rungs on the ladder of success because this afternoon Harlan Franklin, owner of a string of prosperous cutrates in the Southeast, was scheduled to appear personally.

He was expected to sign contracts which would mean a foraging trip to New York for Mr. Fernal, a resuscitation for A. J., and incidentally would put Angelica Pepper back in her natural environment where she might feel free to be appealing to Mr. Fernal.

Up to this time she had not been appealing to Mr. Fernal.

On the contrary.

Now and again there had been an interlude.

Once he had helped her on with a coat.

At another time he bought lunch. She wondered how a man like that made love and what he'd say if he talked.

It was Miss Parsons, the stenographer, who explained to her that he never talked.

"Scared?" Angelica demanded.

"Probably," said Miss Parsons. "Specializes in letters and sales gags, office routine. Good at it, apparently."

"Good!" Angelica was ironic. "He's eloquent. That memo about the cosmetics, now. He said, 'No war pt.' And the one about the phones. 'Tels routine form. Give a name. Observe strictly.'"

She had written him a memo then: "Are you trying by some error of judgment to make a robot out of me, Mr. Fernal?"

And he had come back with: "Employees not in key positions must not waste memo pads. Pls. co-operate.

"You snake," Angelica said, grinning from ear to ear. She wrote—between telephone calls—"Of course you must be patient with me, Mr. Fernal. Naturally you agree that all boys belong here. Slip of fate, you know."

Mr. Fernal answered quite soberly via a pink memo.

"Life is a game of compromise," to which Angelica had promptly demanded:

"What kind of talk is that, to a lady?"

But Jake Fernal would never talk that way to her.

She chuckled about it until Harlan Franklin came in. He looked around with strange disappointment and suspicion.

"Hey, what are you trying to pull off here, Fernal?" he demanded. "Where's all the office help they say you got? Two girls! Why, they tell me that every time somebody calls up he gets a different name. See whole town's saying how much business you must be doing. So why's else am I here? It's a racket." He pushed on his hat.

Jake Fernal was gaping at him helplessly.

Angelica stood up at the dusty old switchboard and called Harlan Franklin back. "I think I can explain," she said. "This is going to be hard—but I'm not going to have this town saying that Angelica Pepper had to answer telephones in her pa's office. Just a little whim of mine. I answered your calls, Mr. Franklin. I answered to the name of Jake Fernal. I answered to the name of Mr. Fernal. I answered—anything that popped into my head. So what!"

Jake Fernal didn't say anything.

He'd probably surmount this grave crisis by thinking of a memo which Harlan Franklin could read at his leisure—when he was doing business with somebody else, perhaps.

Franklin was looking at her contemptuously. "People in business ought to have a standard," he said.

"People can't do business without standards. But society women in business—they don't know anything about the rules. Well I'm on an honest business—"

He did not continue because he was pressed into silence by a large, muscular young hand which rested upon his heaving chest.

"Mr. Franklin—" Mr. Fernal was saying, firmly. "let me ask you what this has to do with our transaction. You are here to deal with a concern whose reputation is based on hail a century of performance. We are prepared to fulfill every item in any agreement we make—" Jake indicated a littered desk. "Time is limited. You may not prefer to do business with an old line company like Pepper Wholesale. However, it was nice of you to call, and—" he opened a door, "good day to you, Mr. Franklin."

Mr. Franklin was being propelled outward with the general technique of a bum's rush. "Now, now, Jake," Mr. Franklin protested, unctuously. "I didn't say I wouldn't sign no contract here. Maybe I am a little hasty—"

He smiled.

Jake Fernal smiled.

It was in the bag.

Angelica stood there tingling and looking at Jake Fernal.

"Jake, you're marvelous!"

Jake smiled at her, a frosty impersonal smile that was worse than contempt, she thought. But he said, "Nice of you to stand up, Miss Pepper. Good girl. But of course you see the wisdom of using your own name. Now Mr. Franklin . . ."

Angelica felt brushed off.

Old A. J.'s daughter!

Jake Fernal was a serious young business executive with a job on his hands and she was a silly girl. She plugged in a signal.

"Pepper Wholesale and Distribution — Miss Pepper speaking." (Meekly). Then she sat lost in thought.

After a while she was barely conscious that Jake Fernal had come bouncing out of his office.

He stopped in the middle of the outer room as if halted by some troublesome indecision.

She watched him go back into his office and scribble something.

Long after he had gone out she got up to examine what he had written. Incredibly this man had in these few hours become a legend. A rare enigma.

She read: "Angie's eminently oke. Find out if free to accept. If favorable try to close deal for H. M. in New Yrk. Departure, Tues. C. H. closes 5:30."

Angelica did a lot of speechless clutching at pens and pencils. Presently she inscribed an indignant addendum:

AND IF YOU'RE LATE THE M. J. C. SOMETIMES ISSUES THEM AT THE HOUSE. YOU BIG FAKE!

ANONYMOUS

And then she went home and indeed to bed.

Apocalypse, Greek Word, and "The Four Horsemen"

Apocalypse is a Greek word meaning "revelation," and is applied chiefly to the Book of Revelation and more specifically to the last book of the New Testament otherwise called "The Revelation of St. John the Divine," which reads in part as follows:

"And I saw when the Lamb opened one of the seals; and I heard, as it were the noise of thunder, one of the four beasts saying, Come and see. And I saw, and behold a white horse: and he that sat on him had a bow; and a crown was given unto him: and he went forth conquering, and to conquer. And when he had opened the second seal, I heard the second beast say, Come and see. And there went out another horse that was red: and power was given to him that sat thereon to take peace from the earth, and that they should kill one another; and there was given unto him a great sword. And when he had opened the third seal, I heard the third beast say, Come and see. And I beheld, and lo a black horse; and he that sat on him had a pair of balances in his hand. And I heard a voice in the midst of the four beasts say, A measure of wheat for a penny, and three measures of barley for a penny; and see thou hurt not the oil and the wine. And when he had opened the fourth seal, I heard the voice of the fourth beast say, Come and see. And I looked, and behold a pale horse: and his name that sat on him was Death, and Hell followed with him. And power was given unto them over the fourth part of the earth, to kill with sword and with hunger, and with death, and with the beasts of the earth."

The phrase "the four horsemen of the Apocalypse," says a writer in the Indianapolis News, was popularized by a novel of that name by Blasco Ibanez. It is a story of the German invasion of France in 1914. In the romance presented, a wealthy Argentinean settled in France, with a passion for "collecting" the material figure. His family is connected with German families by marriage and this circumstance complicates the story. The family represents the country of four horsemen, war, famine, pestilence, and death.

Eyebrows and Eyelashes Supply Much Information to Scientific Investigator

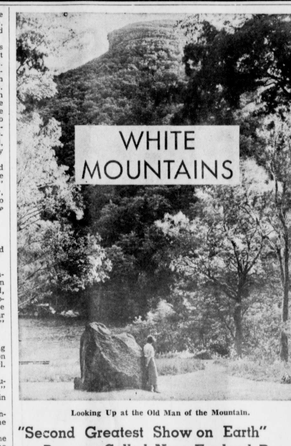
There is a science of eyebrows and eyelashes.

It has long been recognized, however, subconsciously, by artists, novelists and beauty parlor operators that both of these fall into definite types and that they may tell a good deal about the history of the individual, says a writer in the Washington Star.

Taking a tip from the oil masters, Dr. F. Rozprym, Czechoslovakian anthropologist, has published a scientific eyebrow and eyelash classification. He finds that there are definite sex, age and perhaps personality differentiations.

Thus, he points out, "in the paintings of Da Vinci and Titian, and also in primitive and some very old classical art, such as the Egyptian, we see decidedly feminine eyebrows with a very high position and decidedly long and curved eyelashes to give the face a full feminine and youthful expression. On the other hand, in depicting very aged persons, and also in decidedly masculine faces, the artists represent a deep-seating position of the eyebrows in the old and an accentuated double form in the men. The modern fashion of shaving eyebrows and painting them in a high position follows the same trend. Film actresses, especially by artificial means, make their eyelashes long and curved to accentuate the young appearance of the face. On the other hand, in pathological cases, especially in those with tuberculosis, the occurrence of long and curved infantile lashes in adult men and women shows the retardation of bodily development due to the infection.

A curious thing is that the color of the eyebrows generally is the same as that of the hair and that both color and form tend to be hereditary, while the color of the eyebrows seems to have no relation to the color of the hair and the form is not demonstrably hereditary.



Looking Up at the Old Man of the Mountain.

"Second Greatest Show on Earth" Barnum Called New England Range

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

SINCE 1866 visitors to the White mountains have ascended Mount Washington, New England's highest eminence, to scan the sea of northern New Hampshire peaks. Soon another grandstand will be available when the new tramway to the top of Cannon mountain which will whisk passengers 2,025 feet above Franconia Notch begins operation.

"This is the second greatest show on earth," P. T. Barnum said when he stood on the summit of Mount Washington and scanned the jumble of peaks and ridges of the White mountains, spreading from the waistline of New Hampshire to Canada and from its Maine border to the Connecticut valley, which separates this Granite state from Vermont.

Many New Englanders, dyed-in-the-wool White mountain fans who think that nowhere has nature endowed a region with such fascinating features, first brought Barnum's judgment. To them, the White mountains' show is second to none.

However, when they recalled the beauties of the fine trained animals, gaudy trappings, and strange creations of nature that drew millions into his acres of canvas, they felt that his exclamation was the highest praise.

Origin of the Name a Mystery.

How and when the White mountains got their name is as mysterious as many of their often-told legends. "White mountains" appeared in a manuscript as early as 1672, and even before that time they were described as "White hills" by mariners on the Atlantic, 60 miles away, for whom they formed an excellent landmark.

To modern eyes, too, the name seems apt, whether it be derived from the white mist that often hangs over the higher peaks, from the whitish-gray effect of the sun upon rocks of the mountain tops above the timberline, or from the snow that normally covers the peaks of the Presidential range for eight or nine months of the year.

The White mountains are divided into two distinct areas.

Between Plymouth on the south and the vicinity of Gorham on the north is the high mountain region where every year more than two million men and women enjoy testing their leg muscles among New England's highest peaks, motoring on excellent highways, and admiring the scores of recreational facilities, or just looking up from spacious, shaded verandas toward the lofty emptiness sweeping from quiet valleys.

Beyond Gorham is a challenging wilderness with Dixville notch its crowning glory and Berlin its only large population center. Here is the paradise of the horseman searching streams and lakes for trout, salmon, pickerel, horned pout, perch, and small-mouthed bass. The forests shelter bears, deer, and ruffed grouse.

It is the high mountain area that has been the White mountains' chief lure to vacationists for more than a century.

Praised by the Great.

"We know our mountains are not the highest in the East," a resident once remarked to a visitor. "Mount Mitchell in North Carolina and several peaks in the Great Smoky Mountains National park slightly top Mount Washington. But the impression of Hawthorne, Whittier, General Grant, Webster, Mark Twain, Winston Churchill, and scores of other men outstanding in politics, literature, and the arts of their day certainly warrant the enthusiasm of those of us who see the White mountains in every mood."

"But Grant came to the mountains for relief from hay fever," said the visitor.

"That is true, but he, like many others, then and now, came here without knowing the mountains, and left with an indelible impression of their lofty summits, their tree-clad slopes, their cascades, lakes, and scenic curiosities, and their legends that have inspired multitudes of artists, writers, and just plain people."

Darby Field, a son of Erin, was the first man to conquer the heights of Mount Washington, highest peak in the White mountains. It thrusts its summit 6,288 feet above the sea and a mile above the valleys at its base.

It was just 22 years after the Mayflower had deposited its human cargo on the shores of Massachusetts when Field struck out from the coast on one of his many trips into the unknown wilderness that lay immediately behind colonial villages.

Some settlers feared to wander far from their settlements, but Darby Field was one of those bold adventurers for whom even the hard life of the colonist was too tame. He was accompanied by two Indian guides. On a June day in 1642, Field stood on the summit of Mount Washington.

Darby Field's "Diamonds."

Chroniclers of events in the White mountains, while praising the spirit of Field, refer to him as a master spinner of yarns. He returned to Portsmouth with his pockets bulging with "diamonds"—but the diamonds turned out to be worthless crystals.

Undaunted, Field insisted that the White mountains were a treasure house of precious stones. Although more braved the wilderness to seek the gems and returned empty-handed, six storied pinnacles in the dying day Field was unwilling to admit his tales were untrue.

Could Field return to the White mountains today to see what his adventure started, no doubt he would be overcome, for he would find his name inscribed among those fearful men and women whose spirit pushed back the boundaries of colonial America and opened up new regions to American life.

As the Colonies grew and demanded wood for building, for paper, and for other manufactures, lumbermen carelessly swung their axes over the White mountain slopes and stripped them of their trees. All but a few thousand acres of primeval forest were cut over.

The forests one soon today are largely second growth, but no longer are they in jeopardy.

"Great Stone Face."

Mount Washington is admittedly the dominating feature of the White mountains and nearly every visitor to northern New Hampshire hopes to stand on its summit. But if your time is short and storm clouds thwart that hope, there are scores of other features that are well worth a ramble among the heights.

Chief among these is the Profile, popularly known as the "Old Man of the Mountain," or as Hawthorne's "Great Stone Face," peering from the rugged granite ledges of Profile mountain above the highway through Franconia notch.

It was a man's appetite for partridge for breakfast that led to the discovery of the Profile in 1805. Nathaniel Hall was a member of a road-building crew. Early in the morning he shouldered his gun and left camp.

With only a well-browned partridge on his mind, he silently crept along the shore of a small lake, his eyes penetrating the undergrowth. For some reason unknown to Hall he looked up—and for a moment was stunned by "the most wonderful face" he had ever seen.

News of the discovery spread rapidly over New England. The road Hall was working on was pushed through the notch. Men and women came on horseback, by stage, carriage and cart. The popularity of the Profile was one of the factors that influenced the building of a railroad into the Franconia region and the erection of the famous Profile house, since destroyed by fire.

The rugged features of the Old Man, formed by five layers of granite ledge, measure 40 feet from the top of the forehead to the bottom of the chin. Two layers of granite make up the forehead, and one each the nose, upper lip, and chin.

AROUND THE HOUSE

After Peeling Onions. — Dry mustard rubbed on wet hands after peeling onions removes all odors.

• • •

Too Salty Soup.—A slice of raw potato added to soup to which too much salt has been added, and boiled in the soup for a few minutes will absorb much of the salt.

• • •

Ironing Soft Collars. — When ironing men's soft collars iron on a Turkish towel doubled four times and they will iron much easier.

• • •

To Clean Picture Frames and Glasses.—Wash with warm water and ammonia (a teaspoonful to a quart of water). For gilt frames, use the water in which onions have been boiled, as it will restore their brightness.

• • •

Preserving Books. — To keep books on shelves or in cases in good condition, sprinkle occasionally with powdered camphor.

• • •

Improving Canned Fruits.—Always open canned fruits an hour before serving. Fruits become richer in flavor after they have absorbed oxygen.

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HOW to SEW

By RUTH WYETH SPEARS



Bright Embroidered Borders for Towels

THESE borders you will find easy to make. All six strands of six-strand mercerized embroidery thread are used. Crease 1¾ inch hems first. Draw threads of the material to make straight guide lines for the embroidery. Sew the hems by hand after the embroidery is done.

The top border is royal blue and turkey red. To make the straight lines at the sides, couch blue yarn in place with red as at A. The loop stitches along the edge are made as at B. The vertical loops are red and the smaller horizontal loops blue. The fish-bone stitch in the center is made in red as at C.

The lower border is light yellow and orange. The edge lines are yellow, couched in place with orange. The alternating groups of yellow and orange ray stitches along the edge are made as at D. For the center chain make evenly spaced yellow stitches in double thread as at E, then weave orange thread through them as at F.

Readers who have received their copy of Mrs. Spears' book on Sewing, for the Home Decorator, will be pleased to know that Book No. 2 is now ready. Ninety embroidery stitches are illustrated; fabric repairing; also table settings; gifts; and many things to make for yourself and the children. If you like hand work you will be pleased with this unique book of complete directions for every article illustrated. Price 25 cents postpaid (coin preferred). Ask for Book 2 and address Mrs. Spears, 210 S. Desplaines St., Chicago, Ill.

ASK ME ANOTHER

A Quiz With Answers Offering Information on Various Subjects

The Questions

1. What was the Charter Oak?
2. What is the world's most ancient democracy?
3. How and when did the United States acquire Florida?
4. What is the total world's production of radium?
5. What ancient philosopher prophesied the income tax?
6. Was there a political party in America named Locofocos?
7. What does Tia Juana mean?
8. What is a plunker vote?