Can Print Bible In Just One Day

U. S. Government Runs Biggest Printing Plant In the World.

WASHINGTON. — The world's largest printing plant is operated in Washington by the United States government on a 24-hour schedule to print the vast amount of material for publication required by the centralization of government in Washington.

More than 70 daily, weekly, and monthly publications with a total circulation running into the millions are regularly printed in this huge government plant and distributed over the nation.

It has been estimated that a book the size of the Bible could be printed in the government printing office in 24 hours.

This printing and publishing division put out a total of 5,000,000,000 copies of various "job" publications during the last year.

Boss Is Printer.

This number is vastly in excess of quantities printed before the administration of President Roosevelt. This number does not include issues of regular monthly and weekly publications such as weather bulletins and copies of the Congressional Record.

At the head of this tremendous printing organization is a practical printer, Augustus E. Giegengack, whose title is public printer.

Giegengack gets every bit of printing desired by any department, bureau, or division of the government. The government divisions are required by law to hand over all of their printing to Giegengack and his printing office.

There is only one exception to this —the Supreme court—which for many generations has had its printing work done at a small private printing shop in the downtown section of Washington. There the decisions of the court are secretly and carefully set up in type and printed in such a way that no single typesetter or printer ever knows the contents of the decisions.

Employees of the government printing office likewise are bound to silence and secrecy, but details of confidential publications occasionally leak out through "sources" in the government printing office.

It Covers 22 Acres of Floor.

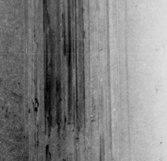
This printing establishment employs 5,500 printers, typesetters, photo-engravers, mechanics, clerks, and other workers. Its annual pay roll amounts to $12,000,000. It occupies 960,030 square feet of space, which is the equivalent of 22 acres.

The government printing office was established in 1861 and it has expanded rapidly ever since. It is by far the largest printing establishment in the world, with 406 typesetting and casting machines setting approximately 2,500,000,000 ems (units) of type annually. There are approximately 200 complete printing press units.

Among other things this printing office prints postal cards for the postoffice, 2,000,000,000 in a single year.

The printing office is geared to do high speed work as well as regulation printing. During sessions of congress the daily record of what happens is printed over night and is mailed and distributed in time for use the next morning.

TURKEY-TOWN STYLE



To call attention to the extensive turkey raising industry at Ramona, Calif., Mary Holly modeled costumes made entirely of turkey feathers at the San Diego county fair. Here she is shown in the latest version of the hoop skirt formal. The gown required 6,000 especially selected feathers.

Taking Mount Shasta's Measure on Giant Map

Here is the Shasta district of the enormous plaster of paris relief map, 122 by 142 feet in size, now being built for exhibition at the Golden Gate International ex position next year. The map is on the scale of an inch to the mile, embraces 40 per cent of the nation's area included in the 11 western states, and will show every community, as well as transportation and power systems, highways, irrigation districts, cities, harbors, etc. More than 100 men and women are drafting, casting, painting and assembling the huge map.

Tale of Four Bottles Crew Cast Into Ocean

BOSTON.—Four sealed bottles cast overboard by the crew of the schooner Effie M. Morrissey in 1936 were picked up on the shores of Norway nearly two years later.

A bottle recovered at Hjelmsoy traveled 4,100 miles, one found at Flatanger, 3,500 miles, one at West Vaago, Lofoten islands, 3,700 miles and the fourth at Soro island, 4,000 miles.

Eddie Spot

By Thornton W. Burgess

NANNY MEADOW MOUSE HAS CALLERS

"My love must be a hero bold,
With heart true steel and true.
And by his might must prove his right
For my regard is won."

LITTLE MISS NANNY MEADOW MOUSE wasn't in love—yet. But she was quite ready to fall in love if only a real hero would come along and make love to her and just prove to her that he really was a hero. She never said so aloud, but right down in her heart she felt sure that there never had been a prettier Meadow Mouse on the Green Meadows than her small-gray-coated self. She spent a great deal of time brushing her hair and washing herself and seeing to it that not so much as a single hair was out of place on her fur coat.

Now, little Miss Nanny lived all alone and she couldn't spend all her time making herself look beautiful and dreaming. Oh, dear, no! She had to eat, just as everybody does, and, what is more, she had to get her own food. In fact, she had to spend so much time hunting for enough to keep her stomach full that she didn't have half as much time for dreaming as she wished for. And always when she was off hunting for seeds or a fat cricket or a nimble grasshopper, she was afraid that her hero might come along and she would miss him.

On this particular morning she had a feeling that something was going to happen. She didn't know what it was going to be, only she just felt that something was going to happen. She didn't eat as much breakfast as usual, but hurried home and at once began to wash and brush and make herself look as fine as possible. Right in the midst of it she heard footsteps coming along her private little path. She peeped out through the grass that overhung her doorway and there she saw a very fat, very important looking meadow mouse, and he was coming straight toward her doorstep as if he felt very sure of himself and of things in general.

"He's very handsome, though he does look a little old and a little gray," murmured little Nanny, "and

"He's very handsome, though he does look a bit old and a little gray," murmured little Miss Nanny.

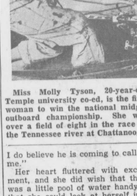
I do believe he is coming to call on me."

Her heart fluttered with excitement, and she did wish that there was a little pool of water handy so that she could look at herself in it and be sure that she was looking her very best. The fat, important, self-satisfied meadow mouse had almost reached her doorstep, and Nanny was feeling very shy and timid and was wondering what she should say to him, when her quick little ears caught the sound of other footsteps approaching from the other direction. Once more peeping out through the sheltering grass, she saw another caller approaching. He was younger and slimmer and trimmer looking than the first, and he seemed very uncertain and bashful. He would come a few steps and then hesitate, as if he was almost of a mind to go back. Then he would come on a few steps more. It was Danny Meadow Mouse.

"He's very handsome," murmured little Miss Nanny, and her timid little heart fluttered more than ever with excitement. She never had had a caller before, and now here were two callers at the same time. She wondered what she should say to them and if they would be pleasant to each other. And then all of a sudden she had a foolish feeling that she wanted to run away. She had almost made up her mind to, when she heard the sharp, angry voice of the fat, important looking visitor. He had just discovered Danny Meadow Mouse and he was telling him to clear out, that he had no business there. Little Miss Nanny decided not to run away just yet. She wanted to see what would happen next.

© T. W. Burgess.—WNU Service.

OUTBOARD CHAMPIONS



Miss Molly Tyson, 20-year-old Temple university co-ed, is the first woman to win the national midget outboard championship. She won over a field of eight in the race on the Tennessee river at Chattanooga.

When You Purchase New Homesite, Look For These Details

By BETTY WELLS

THOSE things that make a vacant lot a potential homestead cannot be measured by a surveyor nor guaranteed with the abstract. And it's just as well not to take a real estate agent's word for the vital points about a piece of property . . . look them up yourself. For the neighbors, the schools, the transportation are as important as the big oak tree or the clump of lilac bushes in your future satisfaction with the lot.

Are the people nearby the type you want to live among? From visits to the schools and the churches, investigations of the clubs and local civic organizations, inspection of the parks and the library, you can glean a fairly accurate idea of the people in the district. Not only the scholastic rating of the school system, but the nearness of the school and the absence of dangerous crossings, convenience to church, park, library and shopping are added advantages.

Is the street a quiet side by-way with light traffic or is it a noisy dusty main thoroughfare? Is the alley safe and well kept? What about building regulations that govern the type of structure and the distance it may be set back from the street?

Don't let somebody high-pressure you.

Boundary lines, liability for assessments and taxes, title examination are matters to go over with an attorney, and get with the deed an abstract from a reliable abstract company that proves the title.

Only after these dull details have been settled may you turn to the more interesting part of considering your home site—the personality of the property itself. Then it is time to gloat over it . . . whether it is the one place where the house on a hill or an open rolling elevation for a stretch of velvety lawn. Whether you chose it because it is a convenient one.

© By Betty Wells.—WNU Service.

HOW TO SEW

by Ruth Wyeth Spears

ANOTHER letter today from a reader who says she has made so many things from the books offered herewith that she has almost worn them out, but would like more information about rag rugs. So here is the answer to her question about making flower designs.

Use a wax crayon or soft pencil to mark the pattern on a 51 by 33-inch piece of burlap. Then divide the rest into 9-inch squares. Now, mark every other one of these big squares into small squares to be hooked in mixed stripes.

We are now ready for the flowers; here are ten posies of the type that grandmother drew. No. 1: just two circles. No. 2: A spiral outline with a circle around it makes a rose. No. 3: a spiral with four petals. Sometimes more petals were used. Nos. 4 and 5: a circle or an oval with five petals becomes a wild rose. Nos. 6 and 7: one oval inside another with a triangle added becomes the morning glory type of flower. Nos. 8 and 9: draw a big U and add petals at the top. No. 10: another kind of trumpet flower drawn with straight lines.

Tan is a good background color for the flower squares. Rags or rug yarn may be used. A rug hook, which is like a big steel crochet hook with a wooden handle, may be purchased in fancy work departments. Just pull loops of the yarn or rag strips through to the right side of the burlap with this hook.

With the help of Mrs. Spears' Book 1—SEWING, for the Home Decorator—you can make many of the things you have been wanting for your house. Book 2—Embroidery and Gifts—is full of ideas for ways to use your spare time in making things for yourself and to sell. Books are 25 cents each. If you order both books quilt leaflet illustrating 36 authentic stitches is included free. Address: Mrs. Spears, 210 S. Desplaines St., Chicago, Ill.

Uncle Phil Says:

It's Up to Them

The people who are always at war with themselves are generally looking for a flag of truce.

A hard thing to learn is how to be stubborn for what is good for us.

Hardest uphill work is to have to talk to people who are not interested in you.

As They Sow—

The people who raise objections are pretty sure of a big crop.

Why does a man wish for a good appetite and then proceed to get rid of it?

A bird in the hand is vulgar. Use a knife and fork.

Who Shall We Blame?

Stupid men are often in charge of public affairs because the smart men are too lazy or too timid to take hold.

He who borrows your books, reads them.

Some men's nautical experience is confined to hard-ships.

CHECK YOURSELF

FOR THESE COMMON SIGNS OF ACID INDIGESTION

☐ Heartburn ☐ Sour Stomach
☐ Nausea ☐ Acid Headache
☐ No Appetite ☐ "Gas"
☐ Tired Feeling in Morning
☐ "Logginess"

● *If You Have Any of These Symptoms — and Suspect Acid Indigestion as the Cause — "Alkalize" the Quick, Easy "Phillips" Way. If the Trouble Persists —See your Doctor.*

Now there is a way to relieve "acid indigestion" — with almost incredible speed. You simply take 2 teaspoonfuls of Phillips' Milk of Magnesia 30 minutes after meals. OR—take 2 Phillips' Milk of Magnesia Tablets, the exact equivalent.

Results are amazing. Often you get relief in a few minutes. Nausea and upset distress disappear. It produces no gas to embarrass you and offend others.

Try it—Get liquid Phillips' Milk of Magnesia for home use and a box of Phillips' Milk of Magnesia Tablets to carry with you.

PHILLIPS' MILK OF MAGNESIA

★ IN LIQUID OR TABLET FORM

OF COURSE!

"Many doctors advise building up alkaline reserve when you have a cold. Luden's help us do this."

EVA STEINBERG, *Teacher, Baltimore*

LUDEN'S MENTHOL COUGH DROPS 5¢

Bargains YES!

You find them announced in the columns of this paper by merchants of our community who do not feel they must keep the quality of their merchandise or their prices under cover. It is safe to buy of the merchant who ADVERTISES.

THE YARDSTICK OF TIRE VALUE

HIGH QUALITY

LOW COST

YOU GET BOTH IN THE

Firestone CONVOY

AS LOW AS $7.90 4.50-21

Any way you figure it—Firestone Convoy is the tire buy of the year — for in this tire you get higher quality at lower cost. Car owners from coast-to-coast are replacing dangerously worn tires with this tire sensation because they get all these patented and exclusive extra-value features at no extra cost: First, Gum-Dipping, the Firestone Patented Process *which gives protection against blowouts.* Second, two extra layers of Gum-Dipped cords under the tread, a patented construction *which gives protection against punctures.* Third, scientifically designed tread *which gives protection against skidding and long mileage.*

See your nearby Firestone Dealer or Firestone Auto Supply & Service Store today and prepare your car for safe fall driving. Equip with Firestone Convoy Tires — *the safest tires that money can buy at these low prices.*

Firestone CONVOY FOR CARS, TRUCKS AND BUSES

4.75-19	$8.15	5.50-17	$10.45
5.00-19	8.80	6.00-16	11.80
5.25-17	9.25	6.25-16	13.15
5.25-18	9.65	6.50-16	14.50

Tires for Trucks and Buses at Proportion ately Low Prices

LOOK AT THIS GUARANTEE

LIFETIME GUARANTEE

Every tire of our manufacture, bearing our name and serial number, is guaranteed by us to be free from defects in workmanship and material, without limit as to time or mileage, and to give satisfactory service under normal operating conditions. Our adjustment policy shows that any tire may be replaced at any time for any cause, we will allow a price that is our share as allowance on the purchase of a new tire.

WATCH *the Specials*

You can depend on the special sales the merchants of our town announce in the columns of this paper. They mean money saving to our readers. It always pays to patronize the merchants who advertise. They are not afraid of their merchandise or their prices.

AIR CONDITIONING SOON TO BE YEAR-ROUND JOY

URBANA-CHAMPAIGN, ILL.—When year-around air-conditioning becomes as common as winter heating is today, many of the agencies prominent in improving heating will also be found to have been prominent in developing 12-month air-control. In the forefront of these is the University of Illinois.

Results of research by Illinois engineers is embodied in practically every new heating installation made today. This work, begun at Illinois some two decades ago, is continuing, and right along with it is going research extending air-conditioning from a winter-time job to a year-around control.

Not only are engineers working on the mechanical side of air conditioning, but physicians in the college of medicine are studying its effects upon humans and utilizing it in their studies. Likewise, college of agriculture scientists, placing animals in air-conditioned chambers, are learning facts about life processes of great value to humans.

Five Factors Involved.

Complete air conditioning, explain the University of Illinois engineers, involves five factors:

1. Summer cooling and winter warming.
2. Summer dehumidification and winter humidification.
3. Circulation of the air.
4. Removal of dust and odors.
5. Introduction and conditioning of outdoor air.

For student training and for research, there was built a special piece of apparatus in which these factors can be varied and handled in various manners. This 42-foot long apparatus, two stories high, provides several methods of either summer or winter air conditioning.

Gang Center of Chicago Is Playground Area Now

CHICAGO. — Chicago's "Little Hell," where 42 men were slain in 18 months two decades ago, is a paradise for youngsters today. Softball, baseball, boxing and bowling have replaced shotguns and stilettos.

"Death Corner," hub of "Little Hell" by virtue of its high death rate, has lost its repute in the Chicago avenue police station. But Captain Tom Harrison remembers when the half square-mile on the Near North Side was the hotbed of unsolved murders instead of the home of Seward Park, City Beach and numerous playing fields.

"It's all been changed now, even the names of the streets," he said. "And the greatest change has been brought about by doctors and lawyers. They have substituted active sports clubs for the street gangs that formerly provided training in car-stealing and petty thievery."

Says Coal, Oil and Gas Will Last for 100 Years

STATE COLLEGE, PA. — The United States need not worry about a shortage of coal, petroleum and natural gas for "at least another century," even at the present wasteful rate of consumption, according to Dr. Frank C. Whitmore, dean of the school of chemistry and physics at Pennsylvania state college.

The present supply of hydrocarbons "is sufficient for a time long enough for our chemists to devise new ways of supplying them when they are naturally exhausted," he said.

Nature required "millions of years" in the manufacture of coal, natural gas and petroleum, and man is using up the stored supplies at an increasingly rapid rate, Doctor Whitmore said.

"In many cases," he added, "he is wasting them as well as using them. Fortunately, less natural gas is being wasted now than formerly."

DRIVE AWAY WINTER WORRIES

"Changeover" Today To a Firestone BATTERY

Here is a battery that has been especially designed for your needs and it will take you through the hardest winter. Built with the Firestone Patented Allrubber Separators, it will start your car 19% quicker.

Ask for our "Changeover" Price

Listen to THE FIRESTONE VOICE OF THE FARM—Interviews with the Champions of America, featuring Everett Mitchell. Twice weekly during the noon hour. Consult your local paper for the station, day, and time of broadcast.

Firestone AUTO RADIO

The finest in auto radios. Highest quality at lowest cost.

$29.95 1 up

Firestone SPARK PLUGS

Save 10% on your gasoline. Install a new set of Firestone Spark Plugs today.

Listen to THE VOICE OF FIRESTONE featuring Richard Crooks and Margaret Speaks, soloists, Firestone Symphony Orchestra, under the direction of Alfred Wallenstein. Monday evenings over the Nationwide N. B. C. Red Network

CLASSIFIED DEPARTMENT

CHICKS

ROCKS, REDS, & BR. CROSSES hatched from selected flocks of prize winners. MILFORD HATCHERY Milford Road or Liberty Rd., Pikesville. P. O. ROCKDALE, MD. Pikesville 36-R.

Jiffy Knit Squares Beginners Will Love

Pattern 1520

A hand-knit spread—a priceless gem! Here's one of squares, so easy, anyone can knit it. Done on 3 large needles with 2 strands of string, there's no increasing or decreasing. You'll be pleased with it! Pattern 1520 contains directions for making the square; illustrations of it and of stitches; materials required; photograph of square.

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

After Big Money

George Joseph Grossman, of Los Angeles, Calif., filed a suit in the Superior court for 20 septillion, 555 sextillion, 5 quintillion, 993 quadrillion, 793 trillion, 418 billion, 733 million and 25 thousand dollars, to compensate him for troubles he claimed to have suffered in a dispute over his property, says the American Magazine. The judges dismissed the suit, giving an opinion that there is not that much money in the world.—Collier's Weekly.

BILIOUS?

Here is Amazing Relief for Conditions Due to Sluggish Bowels

Nothing else may do you as much good as Carter's Little Liver Pills. Gentle, yet thorough. Relieve constipation, sick headaches, bilious spells, tired feeling when bowels are sluggish. Insist on Carter's Little Liver Pills.

Without Risk Guaranteed. Make the test—take Carter's Little Liver Pills according to the directions. If not pleased in every way, return the empty package and we will refund your money. Get a 25c package today.

ALWAYS CARRY CRUMS NR-TO-NIGHT QUICK RELIEF FOR ACID INDIGESTION

Obeying Honor

Let us do whatever honor demands.—Racine.

Still Coughing?

No matter how many medicines you have tried for your common cough, cold, or bronchial irritation, you may get relief now with Creomulsion, the special cough medicine that does more than just soothe and expel germs. Creomulsion contains a powerful germicide, which is released in the throat and then carried into the lungs with every dose. Creomulsion is one word, not 3 or 4 words. Look for the name on the bottle in Creomulsion, or you do not get the genuine product and the relief you want. (Adv.)

Rebellious Future

The future is always a rebel against the past.

Don't Sleep When Gas Crowds Heart

If you toss in bed and can't sleep from sour, gassy stomach, take BOATMAN'S PHYSIC TABLETS. To get quick relief, get Boatman's Physic Tablets. Nature's laxative. Gets GAS. You must get the tablets. Accept no substitute. Sold in 25c and 50c boxes.

Ruinous Moments

The ruin of most men dates from some idle moment.—G. S. Hilliard.

FREE 4 cups of GARFIELD TEA to show you the easy way to KEEP CLEAN INSIDE!

You'll like the way it acts you both, overnight, to the healing of the tissues of your throat and nasal passages. Helps eliminate the left-over waste that hold cold germs, causes headaches, "blues" and constipation. Get a package of GARFIELD TEA. Drink it as hot as you can stand it. Sweeten with honey if you like. Enjoy the "de-weed-ed" flavor. Sip and snuggle. Feel the "let-down" of Garfield Tea and Garfield Headache Powders to GARFIELD TEA CO., Dept. X , Brooklyn, N.Y.

ADVERTISING

Is as essential to business as is rain to growing crops. It is the keystone in the arch of successful merchandising. Let us show you how to apply it to your business.

Pretty Clothes That You Can Work In

Pattern 1623

A diagram design, to be finished in a few hours. Make it of gingham, percale or calico.

Jumper Dress for School Girls.

This is an unusually good version of the always-smart jumper. It has such a nice, tiny waist, the skirt flares bee-yu-tifully, and the straps are so fixed that they won't fall off at the shoulders. Make several of the sweet little blouses, with its round collar and high-shouldered sleeves, in dimity, linen, organdy or flowered challis. One jumper, many blouses, make it easy to have a fresh outfit always ready for school. For the skirt, choose challis, jersey or flannel.

The Patterns.

No. 1623 is designed for sizes 36, 38, 40, 42, 44, 46, 48, 50 and 52. Size 38 requires 5¾ yards of 35-inch material; ⅛ yard contrasting for cuffs and pocket; 1⅛ yards of braid.

No. 1520 is designed for sizes 6, 8, 10, 12 and 14 years. Size 8 requires 1⅞ yards of 35-inch material for the blouse; 1⅞ yards of 54-inch material for the jumper.

Fall and Winter Fashion Book.

The new 32-page Fall and Winter Pattern Book which shows photographs of the mode being worn is now out. (One pattern and the Fall and Winter Pattern Book—25 cents.) You can order the book separately for 15 cents.

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.

How Women in Their 40's Can Attract Men

Here's good advice for a woman during her change (menopause) from Mrs. E. Ashley, who'll lose her weight, too: "I felt weak, nervous, had hot flashes, loss of pep, dizzy spells, and nervous and moody spells.

"Got more fresh air, 8 hrs. sleep and if you feel run-down, Lydia E. Pinkham's Tablets. I recommend Lydia E. Pinkham's Compound, also for women. It helps Nature build up physical resistance, thus gives you strength to enjoy life and assist calming nervous and emotional disturbances. Lydia E. Pinkham's Compound helps Nature do WORTH TRYING!"

Man the Imitator

An imitative creature is man; whoever is foremost, leads the herd.—Schiller.

WORMS quickly removed from children or adults by using the famous remedy, Dr. Peery's "Dead Shot" Vermifuge. No castor oil or anything else is needed after taking "Dead Shot." 50c a bottle at druggists or Wright's Pill Co., 100 Gold St., New York, N. Y.

WISCONSIN

By air around the state whose sturdy pioneers planned their future well

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

THERE are some things that everybody knows about Wisconsin. The mere mention of the name brings thoughts of cheese and politics, woods-holidays and lakes. But what do its long shores look like? Why is it famous for the arts of government? What is the character of its many cities?

First, for a comprehensive view, why not a swift air journey around its borders?

The natural starting point for this breezy excursion will be Kenosha. Halfway between Chicago and Milwaukee, this city is squarely in the state's most accessible corner. Besides, it was the first community in Wisconsin to establish a free public school, and so is an appropriate place in which to begin our learning.

Taking off from Kenosha, then, we go skimming like an inquisitive sea gull up the shore of Lake Michigan. It is a long, straightish, sandy shore. We see beautiful patchwork of green fields ends at a dark woodland fringe—then a streak of pale gold—then green water. Now and again a river winds out from the hinterland and empties into the lake. In many cases the river mouth has been made into a harbor, and at each harbor is a city.

These cities follow one another along the lake shore like a row of buttons up the front of a green overcoat: Kenosha, Racine, Milwaukee, Sheboygan, Manitowoc. Factory chimneys bristle in all of them. And from the boldly planned artificial harbors the ferries that carry freight cars across to the Michigan ports are putting out, with other lake traffic.

Now we must make a long hairpin bend to follow the finger of Door peninsula. What luck! The cherry orchards are in blossom, white as popcorn. And right through them runs the glistening streak of the Sturgeon bay and Lake Michigan ship canal. At the finger's tip the beachy outer shore meets a rising and often cliffy inner shore. Green-bowered Ephraim, with its white gables and steeples nestled at the foot of some of those first hills, looks like a bit of New England—though actually it was founded by Moravian immigrants from Norway.

A front view of Wisconsin's imposing state capitol building at Madison, also the home of the University of Wisconsin.

Cuyuna iron ores are shipped to the east. Superior is especially noteworthy, too, as a busy receiving point for water shipments of eastern coal. And to its docks and towering elevators, from west to south, curve the railway tracks that bring the grains and produce of mid-America.

Now inland again, half the journey done. Almost at once we catch a glimpse of Manitou Falls, highest in the state, draping their long white fringes down the pine-shaggy rocks of Pattison state park. And crossing the jack-pine highlands that here divide the Great Lakes and Mississippi basins, we swoop down over the St. Croix.

Scenic Beauty

This famously beautiful river, at St. Croix Falls, sinks into its most famous reach, the Dalles, where the water swirls in potholes in the ruddy basaltic rock. The white squares of picnic cloths spread on the grass are a reminder that Minnesota and Wisconsin, some 40 years ago, here established Interstate park.

Below Hudson the deep valley of the St. Croix sweeps into the deep valley of the Mississippi, and soon their joined waters widen into Lake Pepin. Here the Father of Waters is at his grandest. Like an old king of a peaceable people, who has grown fat and cheerful, he spreads out between the ramparts of the hills, and naps in the sunshine. This nap ends where the Chippewa river enters. In fact, that hurrying stream brings down the gravel that dams the greater valley, and so causes the lake to be.

Below those gravelly shallows we see the Mississippi take on the character it will maintain all the way to the Illinois line, mile after mile. Weaving in gleaming skeins among an unending series of islands, it fills the valley floor. Now and again a long concrete dam stretches across, to hold water levels sufficient for navigation.

The hills, as a rule, march down to the edge of the outermost skein of water. But in La Crosse, Wisconsin's western gate, is built on flat ground. This was the Prairie de la crosse of the old days, when the Indians played their game of lacrosse on it, 300 men at one time often participating in the good-natured rough-and-tumble contest. Down from the hills behind La Crosse wind the coulees Hamlin Garland made famous in his Middle Border books—small, fruitful, wonderfully pretty valleys.

Prairie du Chien, too, is built on a riverside flat place. This is historic ground. It was a neutral trading center in Indian times. A battle of the War of 1812 was fought here. On the bank we can see the broad-beamed house where Jefferson Davis wooed Zachary Taylor's daughter.

Here is the mouth of the Wisconsin river, wide and stately. Here is Cassville, one of the most charming of the little river towns. And now we must turn, and finish our flight in an eastward beeline along the Illinois boundary.

Variety Here!

At Shullsburg, among the rolling hills, we catch a glimpse of zinc and lead mines. Then we come upon the ruins of a boom town of peaceful dairy country. The brown of Brown Swiss, the black-and-white of Holsteins, taking an evening breeze in the pastures, tell plainly that this is a land rich in milk. Big white barns with twin silos repeat the milky theme.

Now beneath us twinkle the lights of Beloit, where weighing devices are made by Fairbanks-Morse. And above Lake Geneva, at Williams bay, like an astronomer's brow, thoughtful in the starlight, the 90-foot dome of the Yerkes observatory makes a moony landmark. Finally, with its harbor lights darting reflected, Kenosha again—and welcome sleep in beds made here

Wisconsin's forests make the state one of America's leading paper producers. Here is a view of a Wisconsin paper factory, showing the wet, crushed fibers being rolled into sheets.

WHAT to EAT and WHY

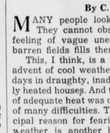
C. Houston Goudiss Describes Correct Diet for Cool Weather; Explains How to Keep Warm and Well

By C. HOUSTON GOUDISS

MANY people look upon fall weather with foreboding. They cannot observe leaves on the ground without a feeling of vague uneasiness—and the sight of brown and barren fields fills them with desolation.

This, I think, is a throwback to an earlier day when the advent of cool weather foretold long months of bitterly cold days in draughty, inadequately heated houses. And the lack of adequate heat was only one of many difficulties. The principal reason for fearing cold weather is another heritage from the past.

Limited Diet of an Earlier Day



There was a time within memory of many of us when the terms "cold-weather diet" and "warm-weather diet" had real meaning. Winter food differed a great deal from summer food, particularly in the matter of fruits and vegetables, and in the restricted use of milk, and milk products.

The limited diet of winter was enforced by conditions of that period. Methods of production, transportation, refrigeration and storage of foods, which are commonplace today, were then unknown.

Fruits and vegetables were consumed when and where they were grown, and when cold weather prevented their growth, they were not available. The canning industry was young and the grocery store in cold weather presented a far different appearance from the modern food store in which the shelves are lined, row upon row, with shining cans of the finest fruits and vegetables to be found anywhere in the world, plus an amazing assortment of prepared milks.

It was an accepted fact that fruits, vegetables, and the generous use of milk belonged to the summer months, while in winter everyone ate an unbalanced diet. As a result of lacking these essential protective foods, health went down rapidly from late fall to early spring.

The winter diet was deficient in minerals and vitamins, which science has proven to be the protectors of health, barriers against disease, sustainers of life. But in those days, vitamins were unknown and very little had been learned about minerals. Therefore, when people became ill during cold weather, the natural conclusion was that sickness was inevitable during the winter season.

Cold Weather Really a Tonic

Times have changed. Scientific knowledge has increased. The genius of man has asserted itself in mechanical advancement. The expressions, "cold-weather diet" and "warm-weather diet," have lost their former meaning.

Almost without exception, the protective foods are available throughout the year, no matter where we live.

It is therefore possible to protect the health by a balanced diet all the year 'round, and to benefit by the tonic effect of cold weather. For, contrary to popular belief, cold weather is beneficial, and not harmful, to healthy people.

Cold speeds up all the activities of the body. The circulation is improved, muscle tone is increased, and digestion, absorption and elimination are stimulated. Even prolonged cold is thus a tonic to health, provided we do not weaken our bodies by an unbalanced diet.

It is partly because so many people continue to eat improperly, in spite of our never knowledge of nutrition, that we still find an increasing amount of sickness in the fall, which mounts steadily until it reaches its peak in the months of January, February and March.

Dangers of an Improper Diet

Yet winter need have no terrors for the fit. Only the weak, the undit, surrender and become its victims. That the number of victims is large each winter merely indicates how many people neglect their health through careless living, and especially through careless eating.

Measures to protect one's self against the attack of winter should be taken during the summer and early fall. A sturdy resistance against the ills of winter should be built up by means of a balanced diet which assures an abundant supply of the minerals and vitamins.

When a person is undernourished or improperly nourished, he is denied of every defense. He is chilled by the slightest drop in temperature. He offers fertile soil for every kind of disease germs. He can neither resist their invasion, nor fight them off after they have attacked.

Thus, the first rule for keeping warm and well in winter is to live and eat in a manner that helps to maintain health and strength. The correct winter diet differs in one important respect—and one only—from the correct diet at other seasons.

More Fuel Foods Required

As a rule, people are more energetic in cold weather and it is therefore necessary to increase the amount of energy-producing foods. Nearly all children, and adults who spend much of their time out doors, should consume more high calorie foods which may be provided in the form of easily digested carbohydrates, such as rice, macaroni, spaghetti, noodles, potatoes, cereals and breadstuffs.

In the case of adults, the amount of fats may also be increased and in some circumstances, more sweets may likewise be taken.

To summarize, the cold weather diet should include a quart of milk daily for every child, a pint for each adult; two fruits daily, or one fruit and one fruit juice—and while one serving may be a dried fruit, such as prunes, apricots or figs, there should be one serving of a citrus fruit, or tomatoes, to provide vitamin C; two vegetables besides potatoes, one of which should be of the green, leafy variety, either fresh or canned; an egg daily, or at least three or four weekly; one daily serving of meat, fish or chicken, and a second protein food such as cheese, dried peas or beans or nuts; and enough of the fuel foods including whole grain cereals, to keep the body warm and comfortable.

If you eat correctly and dress sensibly so that you are neither too warmly clad indoors nor too thinly clad out of doors, you can enjoy cold weather and benefit by it to the extent of increased health and happiness.

Questions Answered

Mrs. F. L. B.—Egg white is a solution of pure protein. The egg yolk contains minerals, vitamins and fats, in addition to protein.

Miss C. M. R.—In general, whole raw fruits, especially those with skins and seeds, provide a slightly harsher residue than that of cooked fruits, or the pulp of raw fruits with skin and seeds removed.

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AROUND THE HOUSE

Items of Interest to the Housewife

Longer Life to Towels.—Towels will last longer if washed before the dirt and grime become so ground into them that harsh rubbing is necessary to get them clean.

* * *

Inexpensive Sheeting. — Unbleached sheeting wears longest, and bleaching is not necessary because the muslin whitens gradually with repeated laundering.

* * *

Cleaning Enamel Dish.—If an enamel dish has been badly burned, fill it with salt water and put it on the stove to boil. Empty and rub with a cloth. If the burn marks still remain, sprinkle a little salt onto the cloth and rub.

Conserve Mineral in Cabbage.—Cooking cabbage in quarters and chopping it later when the sections are tender helps to conserve the valuable mineral contained in this vegetable.

* * *

Keep Screens From Rusting.—Window screens, rubbed over with kerosene when they are put away in autumn, will not be found rusted when used next summer.

* * *

Improving Ham.—Half a cup each of vinegar and brown sugar added to the water in which you are boiling a ham will greatly improve the flavor.

Your Health May Depend on Your Teeth

An Editorial by C. Houston Goudiss

The reason why some men and women in their middle years look and feel younger today than their parents did at the same age, is because they have learned something of the importance of caring properly for their teeth. In recent years, dentists have discovered that sound teeth are in truth a passport to good health, and that there is as close a relationship between healthy teeth and healthy bodies as between decayed teeth and sickly bodies.

Unfortunately, however, only a small percentage of our population is yet aware of the far-reaching effects of teeth upon health, and a distinguished scientist is so disturbed over our national ignorance in this respect that he has said that unless this trend is reversed, the course of human evolution will lead downward to extinction. That statement is no exaggeration. For it would be difficult to over-estimate the influence of the teeth on human health and happiness.

For many years I have endeavored to explain that a neglected tooth—which soon becomes a decayed tooth—is a poison factory distributing its noxious products to every part of the body, and that it may lead indirectly to neuritis, rheumatic ailments, dyspepsia, and other obscure complaints.

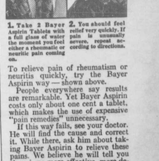
In many of the "WHAT TO EAT AND WHY" articles, which have appeared in this newspaper over my signature, I have endeavored to point out the close relationship between diet and dental disease; between frequent and thorough brushing of the teeth with an efficient dentifrice so as to remove all food particles, and strong, beautiful teeth.

As a result of these articles, I have received many letters, showing that homemakers are eager for sound, authoritative advice on the proper care of the teeth. **To help these and other readers how to properly care for their teeth, I have prepared a booklet entitled "BUILDING AND PLANNING HEALTH" which I am offering FREE, because I feel so strongly that this information should be in every home, knowing as I do, that the salvation of the human race may lie in saving their teeth.**

EASE PAIN

of Rheumatism, Neuritis, Neuralgia Quickly

SIMPLY GET BAYER ASPIRIN—FOLLOW EASY DIRECTIONS BELOW



1. Take 2 Bayer Aspirin Tablets with a glass of water.
2. Repeat every four hours as needed for relief.
3. Drink a glass of water according to directions.

To relieve pain of rheumatism or neuritis quickly, try the Bayer Aspirin way—shown above.

People everywhere say results are remarkable. Yet Bayer Aspirin costs only about one cent a tablet, which makes the use of exp