CLASSIFIED DEPARTMENT

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CHICKS 8c and Up
Eight popular breeds and crosses. Started chicks; also Ducks and Poults. Catalog free; twice weekly. MILFORD HATCHERY, Milford Hatchery, Dept. 3, Pikesville 30-B; P. O. Box 6-B, Mt. Pleasant, Pikesville 30-B.

Hello, Folks—It's Chick Time
A postal brings our circular. Guaranteed Quality Chicks from 12 breeds. All bloodtested. H. W. D. Ivens.
York's Poultry Farm and Hatchery
Beaver Springs, Pa.

Barron White Leghorn Chicks $7.50 100. Also R Rocks and N. H. Reds. WHITE LEGHORN FARMS, RICHFIELD, PA.

HUSKY BLOOD TESTED CHICKS
Large White Leghorns, $7.50—100. Barred and White Rocks, R. I. Reds, Orpingtons, $8.00. Heavy Mixed, $6.50. Delivery Prepaid.
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	100%	100%	100%
S. C. Br. Leghorns, Anconas	$7.75	$15.50	$75
White or Barred Rocks	8.50	16.00	75
R. I. Reds, Buff Orpingtons, White Wyandottes	9.00	43.50	80
Wh. & Blk. Minorcas, Wh. Langshans, Silver Wyandottes	12.00	57.50	105
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Heavy Mixed, $7.00 per 100. Light Assorted, $6.00 per 100 (Hatch A.A. Chicks 2c ea. higher). 10 Hens free with 500 chicks.
Circular free. Order today. Insure C.O.D. If cash in full accompanies order, we will pay the 2% tax. Shipping will be prepaid. Live delivery and 100% alive delivery guaranteed or better.
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Bob White's SUPERIOR CHICKS
NEW LOW PRICES on our money-making spring chicks.
Blood-tested, leading breeds. All chicks unconditionally guaranteed.
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$3.00 Per 100 Postpaid
Why not Turn Pennies Into Dollars? FAST GROWING DAY-OLD COCKERELS
Nothing better for profits in quick-growing broilers. Save money by raising your own cockerels.
LARGE-TYPE Leghorns EXCLUSIVELY
Hundreds weekly. Over 700,000 have been sold. Order from this advertisement, or write for literature. No C. O. D. shipments at this low price. Quality and Safe Arrival Guaranteed in Your Post Office.
Special Prices on Day-old CHICKS and PULLETS
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600 Walnut Road Centre Hall, Pa.

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Make Money with Poultry
Head Poultry Tribune, America's leading poultry magazine, shows how others are making money in the chicken business. Special chick raisers. Clip this ad and send 25c for 9 months trial subscription. Poultry Tribune free a valuable catalog and poultry egg recipe.
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SEND $1.00. I Will Mail Prepaid 30 Indian arrow heads. F. F. Hamilton, Lancaster, Ohio.

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TOP PRICES FOR OLD GOLD, OLD COINS
GOLDMAN, 10 Park Ave., Baltimore, Md.

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TREES, SHRUBS, ETC.

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Shrubs Vines Roses
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Seeds Fertilizer Insecticides
Everything for the Farm and Garden
Free Catalog Describing Over 100 Varieties
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Write Today
BOOK WITH DETAILS OF 1936'S PRICE SALE

Superior FRUIT TREES
Grapevines, Berry Plants
Every Fruit Grower and Home Owner should have a FREE copy of our 96-page Illustrated Catalog. Faithfully describes the best Fruits and Ornamentals for lawn, orchard and city plantings, at money-saving prices.
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HOTELS

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

Art of Meditation

The art of meditation may be exercised at all hours, and in all places; and men of genius, in their walks, at table, and amidst assemblies, turning the eye of the mind inward, can form an artificial solitude; retired amidst a crowd, calm amidst distraction and wise amidst folly.—Isaac D'Israeli.

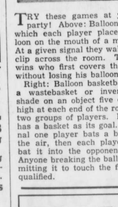
GIVEN AWAY
FOURTEEN PER AND PRICE. (Guaranteed) for selling 30 packages choice garden seeds at only 5c each. Combined pen and pencil, camera, birthstone ring or telescope 20 packages. Dainty wrist watch 50 packages.
Send card today for seeds
HEALTHALADE, 357-S Palmer St., Elmsford, N.Y.

MAGIC CARPET
It doesn't matter what you're thinking of buying—a bed, an oil stove, a gown, a new sofa or a chair, a set of dining-room furniture—the best place to start your shopping tour is in an easy-chair, with an open newspaper.
The turn of a page is all it carry you to Sunday as the magic carpet of the Amazon. Nightly, from cover to cover, it will transport to the other world—to new lands, to modern advertising, to guide to good values, you can compare prices and styles fabrics and fashion, just as though 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.

How to Be a Social Success—With Balloons!

TRY these games at your next party! Above: Balloon juggle, in which each player places his balloon on the mouth of a milk bottle. At a given signal they start a rapid clip across the room. The player wins who first covers the distance without losing his balloon.

Right: Balloon basketball. Place a wastebasket or inverted lamp shade on an object five or six feet high at each end of the room. Select two groups of players. Each team has a basket as its goal. At a signal one player bats a balloon into the air, then each player tries to bat it into the opponent's basket. Anyone breaking the balloon or permitting it to touch the floor is disqualified.



Very Smart New Fashions

A HOUSE dress with long slender lines, a dress and apron for little girls, and a popular bolero frock for slim young figures! You will certainly want one of these, and more likely will want all three. With each pattern, you receive a complete and detailed sew chart specially planned to help beginners, so that the making will be easy, and save you money besides.

Popular Bolero Frock.

Make it up of silk crepe or a pretty print, and see how expensive, how flattering, it looks! The short bolero and wide shoulders make the slim lines of the frock even more graceful. Notice how cleverly the dress is shirred into the front panel at the waistline. This is one of the prettiest afternoon dresses you could choose for this spring.

Dress and Apron for Tots.

Your little girl will be so proud of having this heart-shaped apron to put on over her best dress when she plays house! And the puff-sleeved, square-necked dress is adorable. You can make the two of them in no time. For the dress, choose dimity or organdy for dress-up; gingham or percale for every day. Dimity or lawn for the apron.

House Dress for Large Figures.

This is such a comfortable, comfortable, good-looking dress to work in, round the house. The lines are so straight and unhampering, and pleats in the short sleeves give plenty of room for stretching and reaching. It takes inches off the figure, too. Make it up in percale, gingham, linen or percale printed in small designs.

The Patterns.

1478 is designed for sizes 14, 16, 18, 20, 40 and 42. Size 16 requires 6⅝ yards of 39-inch material.

1468 is designed for sizes 2, 4, 6, 8 years. Size 4 requires 1⅞ yards of 35-inch material for the dress, with 6 yards of narrow ribbon to trim and 1 yard wider ribbon for the belt. Size 4 requires ⅞ yard of 35-inch material for the apron, and 2½ yards of ruffling.

1476 is designed for sizes 36, 38, 40, 42, 44, 46, 48, 50 and 52. Size 38 requires 5 yards of 35-inch material without nap.

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. Forth-third street, New York, N. Y. Price of patterns, 15 cents (in coins) each.

© Bell Syndicate.—WNU Service.

It's Called Luck

Luck means the hardships and privations which you have endured to endure: the long nights you have devoted to work. Luck means the appointments you have never failed to keep; the trains you have never failed to catch.—Wm. O'Rell.

IT'S LUDEN'S FOR COUGHS
LUDEN'S Menthol COUGH DROPS 5¢
LUDEN'S 50 YEARS

BEDTIME STORY

By THORNTON W. BURGESS

There's nothing so bad that it couldn't be worse.
Is a saying as old as the hills.
Just ask Peter Rabbit, he's proved that it fills.
And he'll tell you a story of thrills.

YOU see, Peter has thrills almost every day. He has grown so used to them that a day that didn't bring him at least one thrill, a real, shivery thrill, like reaching the dear Old Briar Patch only one jump ahead of Reddy Fox, would seem as if there was something wrong with it. But of all the thrills Peter has had perhaps the greatest was when he sat under the pile of brush in the Green Forest, while just outside were Reddy Fox, Granny Fox, Old Man Coyote, and Redtail the Hawk. There he was far from the dear, safe Old Briar Patch and waiting and watching were four of the hungriest and fiercest of Peter's enemies. It would have been bad enough to have had one waiting and watching, but here were four! Peter was in a tight place. Yes, sir, Peter Rabbit was in as tight a place as ever he had been in all his life.

But Peter isn't the kind to worry until he has to. He was so thankful to escape under the pile of brush that he didn't waste any time worrying over how he was to get away from there. He just worked his way under the very thickest part of the brush and there he sat trying to get his breath, for he had lost it in that last hard run for safety with Reddy Fox at his heels. Granny Fox hadn't seen at all, nor Old Man Coyote. It wasn't that he knew that they were around. He had heard the swish of Redtail's wings just as he wriggled under the brush, and he knew what that meant, for he had heard it before.

Presently Peter began to chuckle. You wouldn't suppose he could have found anything to chuckle about when he was in such a tight place, would you? But he did. The fact is, there was a quarrel going on outside that heap of brush, and Peter heard it. Reddy Fox was calling Redtail the Hawk all the bad names he could think of, and Granny Fox was helping him.

"If it hadn't been for you I have caught him!" snarled Reddy.

"No such thing!" screamed Redtail. "You weren't within two jumps of him. Besides, he didn't belong to you, anyway. I had just as much right to him as you had."

"I tell you he's mine, and I'm going to have him," snarled Reddy. "No such thing!" retorted Redtail. "He belongs to the one who catches him, and that is going to be me."

Then Peter heard a new voice. It was smooth and Peter knew it right away. It was the voice of Old Man Coyote. Peter stopped chuckling and listened as hard as ever he could, for he is more afraid of Old Man Coyote than of all three of the others together. He is very crafty and has an oily tongue, has Old Man Coyote.

"Friends," said he, and Peter pricked up his ears, for he knew that Reddy and Granny Fox hated Old Man Coyote. "Friends, what is the use of quarreling over something none of us has got?" he asked. "Peter Rabbit is safe now, but he can't stay in this brush pile forever. Let us think of a plan to get him when he comes out. Instead of fighting, why not try a plan which will give one of us a good rabbit dinner."

Reddy and Granny Fox looked at Old Man Coyote suspiciously, but as they were afraid of him anyway, and as they could see nothing to lose, they agreed. Redtail the Hawk thought it over and at last he agreed, too. And so a plan was made to get poor little Peter Rabbit.

© T. W. Burgess.—WNU Service.

Sunny Sun Suit!

How to Utilize Silly Purchases Everyone Makes

By BETTY WELLS

So many of us homemakers have brainstorms in buying every now and then that we may be heartened by this story of the lady who bought a pair of "problem" bedspreads. Oh, they were pretty enough with a bow-knot design in chenille—so before Mrs. Martin could say "better not" they were bought and paid for. It was their color, you see, that was the problem—natural background with chenille design in brown and rust.

When she put them on the twin low-poster maple beds in her room, the result was nothing to brag about. The walls were cream color and, with the brown and natural tones of both spreads and furniture, the whole effect was along toward dull. But Mrs. Martin was not to be stumped, so that bedroom turned out to be unusual, sedate, and a little on the masculine side—which, she claims, is as it should be since it is her husband's room too. She chose a deep woodsy green for her rug, and painted the walls of the room a cool, light green as a complement.

At the four casement windows she placed draw-type curtains of brown linen edged with beige chenille. A slipper chair she covered with a slip cover made out of an old bedspread which was simply covered with bands of chenille in natural beige. A pillow for the chair was covered with a hooked slip she made herself, copying the lovely bow-knot designs of the bedspreads in natural, brown and rust yarns.

Accessories might have proved a problem if Mrs. Martin had not been audacious—for it occurred to her that there was no law that forbade her using brass in a bedroom—so her lamp bases are of brass. A little maple table beside the chair has a large brass tray for decoration and brass bowls on the window sills hold flowers and, in winter, small green plants.

The whole effect is as pleasing as can be and as this smart lady says—"All because I bought foolishly but planned wisely!"

© By Betty Wells.—WNU Service.

She was audacious with accessories.

AMAZE A MINUTE
SCIENTIFICTS ~ BY ARNOLD

TAKING WATER FROM THE AIR!
AIR CONDITIONING EXTRACTS 8,000 GALLONS OF WATER FROM THE AIR IN A TWELVE-HOUR DAY

STEEL BLACKBOARD—ENAMELED STEEL BLACKBOARDS ARE NOW USED IN SCHOOLS.

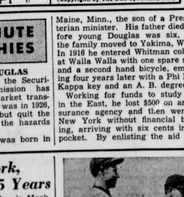
MILE HIGH BUILDINGS ARE POSSIBLE WITH A NEWLY DEVELOPED BRICK WHICH IS 500 LIGHT IT WILL FLOAT ON WATER YET IS MADE FROM RIGU-AN CLAY.
(Copyright, by The Bell Syndicate, Inc.)

Ask Me Another
A General Quiz

1. Which of our states has only three counties?
2. What is the record made in the major baseball leagues for circling the bases?
3. When was paper money first issued in this country?
4. Why is the stage referred to as the legitimate stage?
5. Were any decisive battles fought on German soil during the World War?
6. In the new San Francisco-Oakland bridge high enough to permit all boats to pass under it?
7. In the expression, "Poor as Job's turkey," is the Job of the Old Testament meant?
8. Was Edward Everett Hale related to Nathan Hale, the patriot of the Revolution?
9. How many parts of speech are there?
10. What part of what state is farther north than any other in the Union?

The Answers

1. The state of Delaware has only three counties. It has only one city (Wilmington) with a population of over 100,000.
2. The recognized record for circling the bases is 13.4 seconds, made by Evar Swanson of the Cincinnati Reds, September 15, 1929.
3. In 1690 by the Massachusetts Bay colony. It was gradually followed by other colonies until in general use by all.
4. It is so called in the sense of its being normal, regular, conformable to a recognized standard type.
5. No.
6. The vertical clearance at the center of the bridge is 220 feet above mean high water, so boats can easily pass under it.
7. As turkey is American by origin, it seems incorrect to associate this Job with the ancient Hebrew. Poor, of course, refers to a thin and weak fowl, not to the lack of money.
8. He was his grandnephew. Edward Everett Hale's father, Nathan Hale, was a nephew of the Nathan Hale who was hanged by the British as an American spy.
9. Eight: Nouns, pronouns, adjectives, verbs, adverbs, prepositions, conjunctions and interjections.
10. Lake of the Woods county, Minnesota.



Leatrice Joy Gilbert, daughter of Leatrice Joy and the late John Gilbert, makes her screen debut in M-G-M's "Of Human Hearts." Here she is wearing a gay linen print sun suit with white linen sandals to match.

TWO-MINUTE BIOGRAPHIES

WILLIAM O. DOUGLAS

The man who heads the Securities Exchange commission has made but one stock market transaction in his life. That was in 1926, and he made money, but quit the game impressed with the hazards of speculation.

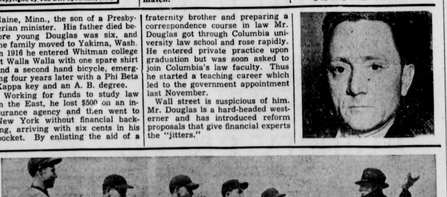
William O. Douglas was born in Maine, Minn., the son of a Presbyterian minister. His father died before young Douglas was six, and the family moved to Yakima, Wash. In 1916 he entered Whitman college at Walla Walla with one spare shirt and a second hand bicycle, emerging four years later with a Phi Beta Kappa key and an A. B. degree.

Working for funds to study law in the East, he lost $500 on an insurance agency and tied went to New York without financial backing, arriving with six cents in his pocket. By enlisting the aid of a fraternity brother and preparing a correspondence course in law Mr. Douglas got through Columbia university law school and rose rapidly. He entered private practice upon graduation but was soon asked to join Columbia's law faculty. Thus he started a teaching career which led to the government appointment last November.

Wall street is suspicious of him. Mr. Douglas is a hard-headed westerner and has produced reform proposals that give financial experts the "jitters."

Connie at Work, Despite 75 Years

Lake Charles, La.—Connie Mack, 75-year-old manager of the Philadelphia Americans, is still a wicked pitcher. He exhibited his prowess before rookie moundsmen at the Phillies spring camp. Left to right: Ralph Buxton, Nelson Potter, Carl Boyd, Bill Kalfass, Marvin Hamilton, Lester McCrabb and Mack, shown, winding up.



A Seamless Knit on Round Needle

All eyes on this knitted two-piecer! So Summery, in white or pastels, it's done mainly in stockinette stitch, with a lace stitch defining its "sunburst" yoke. Use a round needle and there'll be nary a seam to sew or show. You'll love it in either nubby cotton yarn, a combination of wool and rayon, or in Sheffield yarn. And of course you'll want to wear it both with and without its matching skirt! In pattern 5601 you will find instructions for making the blouse and skirt in sizes 16-18 and 38-40; an illustration of the blouse and of all stitches used; material requirements.

Pattern 5601.

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.

Uncle Phil Says:

The Slaughter Goes On

Always the same ends are accomplished though by different methods. Indians and wild animals killed the pioneers. Now 40,000 a year perish by automobiles.

If you talked to your enemy instead of about him, you might grow to tolerate him—even see his good points.

Can young men be taught HOW to think? Well, it seems Socrates made a pretty good stagger at it.

If every event is a sequence, fresh air for poultry, experiments show that the hen in breathing uses about three times as much air per pound of live weight as a cow. Yet a great deal of moisture from the body of a hen is given off through breathing.

Thus, unless some provisions are made for changing the moisture-laden air in the poultry house during the time the birds are roosting, a damp house is the result.

Wasteful Burning

Twigs and branches too small for fuel have their own value in the well managed woodland. Soil Conservation service workers point out. They should be left to decay and help feed the next crop of trees. To pile and burn them is as wasteful as burning the straw from a grain crop. Farmers who are double-cropping the wooded areas—or tempted to—should look for wild game—may want to pile some of the small branches. Brush piles are favorite refuges for many birds and many varieties of small game. Other waste material, well scattered, will decay and return to the soil as a spongy humus that puts the soil into the best condition to ward off drought, improve the water-holding capacity, providing needed raw material for thrifty forest growth.

Packaging Eggs

Table eggs should be placed in cartons or cases, with the large ends down. They will carry much more safely that way, and with far less breakage. Do not try to pack extra large eggs, or irregularly shaped eggs, urges a poultryman in the Rural New-Yorker. Use small or odd eggs at home. Try to make each package of table eggs sold as neat and attractive, as even and uniform, and as clean and tempting in appearance as may be possible. Farmers may well take pride in their package of table eggs. The biggest thing of all is reliability of pack, that is the same high standard should prevail always, so that market people may come to rely upon package and use without reexamination.

Cutting Fence Posts

There is no set time best suited to the cutting of fence posts. Fence post cutting is a job to be taken care of on the farm whenever labor is available and during slack seasons of the year. Many experiments have proved that the light and dark of the moon have no effect on the fence posts. It is better to cut some kinds of timber so that the posts will season gradually, and will not become checked, says a writer in the Indiana Farmer's Guide.

Cod Liver Oil

Cod liver oil is a biologic product and its assay requires long and tedious work. The assays of these poultry products are made by feeding day-old baby chicks a standard ration for three weeks. To this ration, says the Wisconsin Agriculturist, is added the oil to be tested and other groups of birds receive the same ration with additions of definite amounts of an oil of known potency. Vitamin D tends to deposit mineral in the bones.

Constipated?
Nujol
Regular as Clock-work
What a difference good bowel habits can make! To keep food wastes soft and moving, many doctors recommend Nujol.
INSIST ON GENUINE NUJOL
Dept. 2407, Bayonne, N.J.
WNU—4 13—38

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.

DENTON'S Facial Magnesia
FILL IN COUPON NOW
SELECT PRODUCTS, Inc. 4462—23rd St. Long Island City, N.Y.
Enclosed find $1 (cash or stamps) for which send me your special introductory combination.
Name
Street Address
City State

FARM TOPICS

WELL OR CISTERN NEED NOT BE OPEN

Should Seal Water Supply to Keep Out Dirt.

By R. R. Parks, Extension Specialist in Agriculture, Purdue University, Lafayette, Indiana.—WNU Service.

Ninety per cent of the wells and cisterns supplying drinking water on farms are unsafe largely because they are not sealed against outside contamination.

It is a false idea that wells and cisterns should be left open to aerate the water and keep it pure. Open wells permit surface dirt and contamination to enter the water supply.

With the possible exception of underground gasses coming through water wells, there is no logical reason why a well or cistern should not be sealed tight after it has been properly cleaned out and chlorinated.

Some people falsely believe that the old style chain pump aerates the water and makes it better for drinking purposes. If a well or cistern gives off an odor it is usually a sign of contamination which air will help very little if at all.

In such cases, rather than throwing the well open to more contamination, immediate steps should be taken to treat the water supply.

Broken well tops, tops containing loose or broken boards and sides loosely constructed of stone or brick are avenues through which contamination enters water supplies. Correction of these faults lies in providing good concrete covers, improving drainage around the well and providing a flier and treating the water.

Furthermore for a small sum every rural home could have water in the kitchen with a simple pump, sink and drain.

Tight Poultry House Leads to Colds, Roup

Tight or poorly ventilated poultry houses at night are responsible for many of the ills of the farm poultry flocks.

A common practice is to close up the poultry house when the weather is cold. The lack of ventilation invariably results in damp litter and conditions that are conducive to colds and roup, says O. C. Ufford, extension poultryman at Colorado State college.

To illustrate the importance of fresh air for poultry, experiments show that the hen in breathing uses about three times as much air per pound of live weight as a cow. Yet a great deal of moisture from the body of a hen is given off through breathing.

Thus, unless some provisions are made for changing the moisture-laden air in the poultry house during the time the birds are roosting, a damp house is the result.

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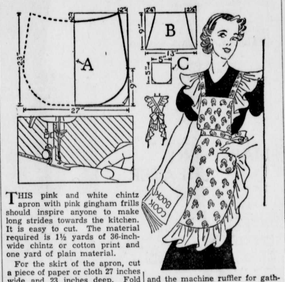
HOW TO SEW

by Ruth Wyeth Spears



THIS pink and white chintz apron with pink gingham frills would inspire anyone to make long strides towards the kitchen. It is easy to cut. The material required is 1½ yards of 36-inch-wide chintz or cotton print and one yard of plain material.

For the skirt of the apron, cut a piece of paper or cloth 27 inches wide and 23 inches deep. Fold this lengthwise through the center, as at A, then measure down from the top of the fold and in from the corners the distances indicated in the diagram and mark the dots. Using the dots as a guide, mark the outline of the apron skirt as you see it in the diagram. The dimensions for shaping the bib are given in the diagram at B. The pocket is a 5-inch square with lower corners rounded as shown here at C. The apron ties are cut 6 inches wide and 36 inches long. The strip for the belt should be cut 2½ inches wide and a facing strip the same width should be cut for it. The shoulder straps are cut 4 inches wide and then creased lengthwise through the center.

The strips of the plain material for the ruffles are cut 6 inches wide. The ruffle material before it is gathered should be 2½ times the length of the space it is to fill after gathering. Use the machine hemmer foot shown here at the lower left for hemming the ruffles and the machine ruffler for gathering them.

NOTE: Mrs. Spears' latest book —Gifts and Embroidery number—is now ready. Ninety embroidery stitches are illustrated; also table settings; crochet; embroidery designing; fabric repairing; novelty gifts and dress accessories. Forty-eight pages of step-by-step directions. Available to readers who will send name and address and enclose 25 cents (coin preferred). Just address Mrs. Spears, 310 So. Desplaines St., Chicago.

TIPS to Gardeners

Young Garden Care

THE value of a garden plant, vegetable or flower, depends greatly upon the start it gets; so give the seedlings ample care.

Begin cultivation as soon as rows are visible, if the soil is not wet. Work close to the small plants, cultivating shallower as they grow to avoid injury to root growth.

Cultivate at least once a week.

Watering should not be necessary the first week or ten days after seeds have sprouted. Later, young plants may be watered one of two ways: Mark a shallow trench about four inches from the row and run it full of water. Or, using a fine spray, apply water from directly above the plants. Watering is most effective when it closely follows cultivation.

Small plants should be thinned, as directed on packets, to allow proper development. Certain vegetables may be used as thinned. For instance, onions thinned may be used as green onions, and lettuce may be picked for immediate use, leaving smaller leaves to develop.

Message to Garcia

Andrew Summers Rowan was sent by the United States government to communicate with General Garcia soon after the opening of the Spanish-American war in 1898. He made a landing from an open boat near Turquino peak, Cuba, on April 24, 1898, and with much difficulty succeeded in reaching Garcia, obtained full information of the insurgent army and made the return trip successfully. He was the first army officer to enter Cuba after the declaration of war.

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IT SOUNDS TERRIBLE
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WHAT TO EAT and WHY ★

C. Houston Goudiss Describes the Precious MINERAL SALTS

That You Must Have in Order to Build Strong Bones, Sound Teeth, Healthy Nerves, Rich Red Blood

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

THE human body is often compared to a machine, but it is far more wonderful, far more complex, than the most intricate machine ever designed to run without stopping, day in and day out, for upwards of 70 years, is also a fully equipped chemical laboratory. For if a chemist should grind a man to bits and analyze the pieces, he would find at least 18 chemical elements, and possibly traces of several others.

In addition to oxygen, carbon, hydrogen and nitrogen, the body contains a wide variety of mineral materials, which are necessary to its proper functioning—and even to life itself. The list includes calcium, phosphorus, potassium, sulphur, sodium, chlorine, magnesium, iron, manganese, iodine and copper. All these substances must be furnished to the growing child —through food and drink—and generous amounts must also be supplied daily in the diet of adults, to replace the minerals that are constantly being used up.

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Minerals Necessary to Life

It is vitally important that the homemaker should understand the function of these various salts and where they can be found. For if certain minerals are lacking in the body, the heart will stop beating. Without others, the bones cannot form properly. Still others are responsible for the rich red blood that makes the difference between a healthy person and a sickly one. Laboratory experiments have proved that if you leave out the smallest trace of the mineral known as manganese, you destroy the love of a mother for her child. And nutritionists—but unfortunately not mothers—are well aware that less than a thousandth of an ounce of iodine makes all the difference between a normal man and an imbecile.

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Calcium—Captain of Minerals

Calcium deserves its ranking position as the captain of the minerals, because it builds the bones, their framework. And the bony skeleton is to the human being what steel is to a building. Calcium is also the chief constituent of the teeth and upon healthy teeth rests the health of the digestive system and, in turn, the entire body. For food that is improperly masticated is imperfectly digested and fails to nourish properly.

About 99 per cent of the calcium in the body is found in the teeth and bones. If the body does not receive an adequate supply of this mineral in pre-natal life and during the growing years, the bones will be porous, distorted and easily broken, and the teeth will develop cavities and eventually may fall out.

In addition to being the principal material for making and maintaining the bones and teeth, calcium increases the strength and pulsations of the heart and helps the blood coagulate in case of injury, thus keeping you and your loved ones from bleeding to death. That is why an extra supply of calcium is fed to patients just before an operation.

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Calcium Builds Will Power

There is a close relationship between calcium and sound, healthy nerves. And this precious substance likewise helps us to concentrate mentally—it strengthens our will power—and assists us in acquiring that "do or die" attitude toward life, which is essential in an age when we must all struggle or go under.

Yet despite its importance, it is estimated by that outstanding authority, Henry C. Sherman, Professor of Nutrition at Teachers College, Columbia University, that one-half of the American people—even those with plenty of money—are literally starving for calcium, because they do not know the food sources of this vitally important mineral.

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Where to Obtain Calcium

The foremost sources of calcium are milk and cheese, which is milk in concentrated form. It is chiefly to provide adequate calcium that homemakers must follow the rule of a quart of milk daily for every child, and a pint for each adult.

Vegetables, such as spinach, lettuce, celery, asparagus, string beans, cabbage, carrots and cauliflower are also a good supplementary source of calcium. And some fruits, such as oranges, figs, strawberries and bananas likewise supply significant amounts.

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Indispensable Phosphorus

Like calcium, phosphorus is required by the body in relatively large amounts, and like calcium, it is especially important in the diet of children, because it is deposited in the bones, along with calcium, as calcium phosphate.

Phosphorus is indispensable for all the active tissues in the body and plays an important part in regulating the neutrality of the blood. It can be obtained from whole grain cereals, eggs, dried beans, cheese, lean meats, and root and leafy vegetables.

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Iron—King Pin of Them All

But measured in terms of food essentials, iron is king pin of them all. It is the supreme element in nutrition, because it is necessary for the formation of the hemoglobin or red pigment in the blood. And it is the hemoglobin which carries purifying oxygen to every cell in the body. Recently, it has been discovered that copper is required for the proper utilization of iron.

"Red blooded" is a term understood by everyone to denote health and strength, and it is iron that makes us red blooded. When your children grow pale and listless, lose their pep and lack appetite, it is likely that they are starving for iron. If you become short of breath and "pant" when going up hill, or upstairs, even though there is nothing wrong with your heart or lungs, the chances are that there is insufficient red pigment in the blood—not enough to take up an adequate supply of oxygen and carry it to the millions of cells throughout the body.

There is no excuse for cheating yourself or your children of a full measure of iron, for this mineral can easily be obtained from liver, egg yolk, whole grain cereals, molasses, dried fruits, dried peas and beans, nuts, lean meats and green vegetables.

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Iodine—Molder of Men

Almost everyone has heard that iodine is the special mineral needed to prevent that disfiguring enlargement of the neck, known as goiter. But few people realize that it is the principal constituent of the secretion of the thyroid gland, and that the thyroid functions normally only when iodine is present in adequate amounts.

A wide variety of physiological troubles have been laid to iodine hunger. Obesity is frequently the result of thyroid disturbance. Specialists believe that stubborn skin diseases are associated with disorders of this gland. Many people are accused of laziness who are really suffering from thyroid deficiency. And competent authorities claim that the thyroid likewise influences mental make-up and emotional tendencies.

Iodine is found chiefly in seafood and in fruits and vegetables grown near the sea. In inland regions, where soil and water are poor in iodine, health authorities frequently add it to the drinking water. And the use of iodized salt is also recommended. By these simple measures, thousands of growing children can be saved from the disastrous results of iodine deficiency.

In general, it can be said that if the minerals calcium, phosphorus, iron and iodine are supplied in adequate amounts, the other minerals will be automatically furnished.

But every homemaker should make it her solemn responsibility to provide these four in abundance. For only in that way can you insure optimal growth in children, develop vigorous health in adults, and maintain the highest possible tone of every organ in the body.

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An Invaluable Aid To the Housewife

IN THIS issue you will find the fourth of the series of articles written by C. Houston Goudiss, famous food expert whose books, radio talks and lectures have made him known all over the country.

In the article Mr. Goudiss discusses the vitally important subject, "Mineral Salts." He shows the necessity of these materials in the diet, and their relation to the building of a strong heart, healthy nerves, rich red blood, strong bones and sound teeth. He also gives the food sources of these salts.

Read each one of these articles as they appear weekly in this newspaper. They will prove invaluable to the housewife in assisting her to keep the entire family mentally and physically fit.

A Splendid "Service" for Floors

Floors receive rougher treatment than any other part of the home—and it is floors that show up to poorest advantage when neglected—best advantage, when properly cared for! Up to now, attractive floors have required some little time and attention, but this is no longer necessary. For chances are that there is insufficient red pigment in the blood—not enough to take up an adequate supply of oxygen and carry it to the millions of cells throughout the body.

There is no excuse for cheating yourself or your children of a full measure of iron, for this mineral can easily be obtained from liver, egg yolk, whole grain cereals, molasses, dried fruits, dried peas and beans, nuts, lean meats and green vegetables.

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