CLASSIFIED DEPARTMENT

CHICKS

ROCKS, REDS & BR. CROSSES hatched from selected Blood Tested Breeders. MILFORD HATCHERY Milford Junction, Rt. 14, Pikesville, P. O. ROCKDALE, MD. Pikesville 30-R.

OPPORTUNITIES

Come to Sunny California Let us help find a profitable business or home. Free information. California Owners Listing Bureau, Monterey, Calif.

AGENTS WANTED

New Discovery by Used Car Dealer saves car owners millions in repairs. Placed in motor through any spark plug hole it seals valves to stop knocking and engine wear, and stops oil and gas consumption. Sells itself. Sample and details free. Write AUTOMOTIVE SPECIALTY MFG. CO., Atlanta, Ga.

HOUSEHOLD QUESTIONS

Germless Brushes.—Once a week pour a little peroxide of hydrogen over the toothbrushes to sterilize them, then rinse with cold water and hang up in their places. We pay so much attention to the health and well being of our children that we should give a little to the brush these days.

* * *

Keeping Apples Whole.—Core apples before paring. They are less likely to break. A broad paring causes much waste because of the rounding surface of the apples.

* * *

Washing Dingy Bath Towels.—Bath towels that have become dingy should be put into boiler of cold water, soap added and a little lemon juice. Heat water to boiling point. Rinse towels in lukewarm blueing water and hang in the sun.

* * *

Toast Animals.—Cut animal shapes out of bread with animal cookie cutters. Spread with butter and toast a light golden brown under the broiler. Serve these to the children to eat with their soup.

* * *

Economy Note.—Save all celery tops, wash and dry them and place in the oven, turning them now and then. Store the leaves in an airtight tin. Use them for flavoring soups, salads, etc.

WEDS DUCE'S SON

Photograph shows Gina Roberti, 20 years old, whose marriage to Bruno Mussolini, 21-year-old son of the Italian dictator, took place recently. She is the daughter of Professor Guido Roberti, chief of the division of contemporary art in the ministry of education.

Playing Children Create Problems For Home Designers

By BETTY WELLS

"I ALWAYS used to keep my hardwood floors like glass," writes Mrs. A. K. "But now that I have three children I find it impossible to keep the floors looking as I'd like to have them. So my problem is to get extra rugs to cover the floors.

"There is quite a large reception hall as you enter which leads into the living room. I have taupe rugs for the living room and dining room but in the past I haven't had anything on the hall floor. I expect to move the dining room rug into a bedroom and will get a new rug for the living room and also a new rug for the reception hall.

"Soon we expect to recover the living room suite—what would you suggest? The dining room furniture will be replaced eventually, but in the meantime we have to make the most of the old stuff. The walls are plain cream. Do draperies in dining room and living room have to match? There are venetian blinds in these two rooms. But in the reception room the door with transom and side panels of glass have shades with shirred marquisette for curtains. Does that sound all right to you or would you get drapery material and drape over the side panels of door? What should I use in the reception hall for furniture? At present I have a desk and a radio there. Is that proper? Any suggestions you might make would be appreciated."

It will be quite all right to have rugs for your reception hall and living room in a different color from that in the dining room. Why not choose a soft gray-green, not too dark and in a texture effect that won't show foot marks? Then for the sofa have the new covering in a green ground printed mohair but with the design in bright contrast. The other two upholstered chairs might do in a gayly flame colored material—all these coverings would be more practical if they're slips so they can come off for washing. Draperies in this same flame color would be very heartening.

"I was just getting ready to go look for you. I was afraid something had happened to you."

"Oh, I've just been seeing a little of the great world," replied Danny, quite as if he were in the habit of traveling.

"Well, you've no business to!" said Peter sternly. "Don't be dangerous for little folks like you. You have had all your friends dreadfully worried."

"That's too bad, but it is very nice to know that my friends care enough about me to worry," replied Danny. "But here I am safe and sound."

And then Danny went about his business just as if he hadn't the most delightful secret in the world, and when Peter finally left him he was hard at work on a new path which started off in quite the opposite direction from his new home. Wouldn't Peter have been surprised if he had known that that was to be the very secret little path which would lead in a roundabout way to Danny's wonderful new home and Nanny Meadow Mouse?

© T. W. Burgess.—WNU Service.

Starts School at 73 to Learn to Read and Write

BLOOMINGTON, ILL. — All her life Mrs. Katharine Robinson has wanted to obtain an education but she never found time to attend school. Now 73 years old and having outlived her husband and son, she decided to learn to read and write without further delay.

Employed at housework in Gridley, she recently learned of adult education classes opening here. The school was free but transportation was out. Undeterred by the distance despite her age, Mrs. Robinson walked 17 of the 27 miles here from Gridley. A truck driver carried her the last 10 miles.

She has been enrolled as a student at the adult education classes in the Raymond school. She attends to work her way through school like any youngster, doing whatever odd jobs she can find to supplement a small old age pension check she receives monthly.

GAS SO BAD CROWDS HEART

"Bitter bowels are sluggish and my stomach so bad I was miserable. Bloated, gas would pile up and I couldn't sleep. I felt sick and dizzy. Oh, what relief! The first dose worked like magic. Adlerika removed me of gas pain." writes R. M. Hodson. Adlerika is a gentle medicine. It acts on both bowels and stomach and bowels thinks you, so will you. Just one dose, taken a tablespoonful of Adlerika and notice how the gas, sour stomach, constipation, bloating Adlerika relies across the bowels, finds BOTH carminative and antiseptic action, carminative to relieve the stomach and expel gas, antiseptic to destroy bacteria in the digestive tract. Recommended by many doctors for 35 years. Get genuine Adlerika today.

Sold at all drug stores

Death Bearers

A fit of anger is as fatal to dignity as a dose of arsenic is to life.—Holland.

Beware Coughs from common colds That Hang On

No matter how many medicines you have tried for your persistent cough, chest cold, or bronchial irritation, you may get relief now with Creomulsion. Serious trouble may be brewing and you cannot afford to take a chance with any remedy less potent than Creomulsion, which goes right to the seat of the trouble and aids nature to soothe and heal the inflamed mucous membranes and to loosen and expel gum-laden phlegm.

Even if other remedies have failed, don't be discouraged, try Creomulsion. Your druggist is authorized to refund your money if you are not thoroughly satisfied with the benefits obtained. Creomulsion is one word, not five words. Be sure that the name on the bottle is Creomulsion, and you'll get the genuine product and the relief you want. (Adv.)

Safe From Cajolery

Schoolmaster—Why do we speak of the wisdom of a serpent?

Willie—Because you can't pull its leg, sir.

DRINK these 10 herbs in your daily cup of HOT WATER

Add the juice of GARFIELD TEA 10 herbs to loosen harmful undigested, clinging wastes. Makes your cup of hot water more tempting and work more THOROUGHLY to clean out bowel wastes and help you look, feel and work better. At druggists—like 0 25c.

FREE SAMPLE. Send 1 cent postal for FREE SAMPLE to Garfield Tea Co., Inc., Dept. 27, Brooklyn, N. Y.

GARFIELD TEA

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.

Boy by Thornton W. Burgess

HOW DANNY KEPT HIS SECRET

Sing a song of happiness! Sing a song of cheer!
If I guard my secret well, what is there to fear?

SO SANG Danny Meadow Mouse as he worked and worked, making little paths in all directions under the pile of cornstalks on the edge of Farmer Brown's cornfield. You see, in the very middle of that old pile of cornstalks he and Nannie Meadow Mouse had built their new home. It was a secret, their very own secret, the very nicest secret either of them ever had had. Of course, there were a great many who would have liked to know about it. There were old Granny and Reddy Fox, Old Man Coyote, Hooty the Owl, Redtail the Hawk, Shadow the Weasel, and several others. Yes, indeed, they would have been greatly tickled to have known about that new home! And if they had known, why, Danny and Nanny would have lived in fear every minute of the time—fear that one or the other might be caught napping and gobbled up. But if the new home was kept a secret there would be nothing to fear. So as he worked Danny planned how he could keep their secret.

"There is only one way to do it," he told Nanny, "and that is for me to visit my old home every day."

Nanny pouted. "I don't see what good that will do," said she. "Someone will be sure to see you going or coming, and perhaps catch you. Then what will I do?"

"They won't," chuckled Danny. "I'll make the secretest kinds of a round-about path through the tallest grass, where even Ol' Mistah Buzzard, with his sharp eyes looking down from the blue-blue sky, will not be able to see me. You see, if I stay away from my old home some of my friends and some of my enemies, too, will be almost sure to think that I am living somewhere else, and will go looking for me. And if they should they might, they just might, happen to look over here. But if they see me around the old home every day they'll never think of prowling around here. You see, they don't know anything about you, and they'll never guess that I have a home anywhere but where they see me. I wouldn't wonder if they have missed me by this time."

It took quite a deal of talking on the part of Danny to make Nanny agree, but she had a very shrewd little head, and after a while she did agree. But first she made Danny promise to be ever so careful and keep out of the way of all danger. So Danny made a very roundabout and secret path through the tallest grass to his old home. Of course, he didn't do this all in one day. Oh, my, no! The first time he scampered to his old home without any regular path, but all the time taking the greatest care not to be seen by anyone.

When he got there he found that, just as he had suspected, he had already been missed, and some of his old friends were asking what had become of him. Peter Rabbit was one of them.

"Where have you been, Danny Meadow Mouse?" he demanded as soon as he saw Danny.

© T. W. Burgess.—WNU Service.

'BARNWARMIN' QUEEN'

Miss Betty Lee Ambler, freshman at Christian college, Columbia, Mo., is shown after being elected "Queen of Barnwarmin" for the thirty-third annual celebration and barn dance given by students of the college of agriculture, University of Missouri. Miss Ambler was selected from among a group of girls represented by University of Missouri sororities and independent students of Stephens college.

KNOW THYSELF

by Dr. George D. Greer

DOES EXCITEMENT LESSEN THE PAIN WHEN SOLDIERS ARE WOUNDED IN BATTLE?

"THE Attitude of Soldiers in Wartime," by Joseph S. Rouce, describes vividly the mental experiences of these men under fire. He states that men are so excited and so filled with hate for the enemy, during an actual battle, that they lose all sense of external impressions. They can be severely wounded and not feel a thing and can even have parts of their body blown off by bursting shells, and not be aware of it. Only one thing occupies his mind: kill the enemy before the enemy kills him. Such terrific mental strains account for the great number of minds that go "snap" and never return to normal again. We call it "shell-shock," but it is emotional collapse. No wonder they say "war is hell!"

Copyright.—WNU Service.

U. S. Death Rate Is Lowest in History

Biggest Drop Is in Flu; Cancer Up 3 Per Cent.

KANSAS CITY, MO.—Dr. Thomas Parran, surgeon general of the United States public health service and director of the country's largest medical service and research organization, said that unless an epidemic occurs, the nation will have in 1938 the lowest death rate ever known.

The death rate from all diseases during the first half of 1938 decreased 5½ per cent from the 1937 rate, Doctor Parran declared, being only 11 deaths for every 100 persons.

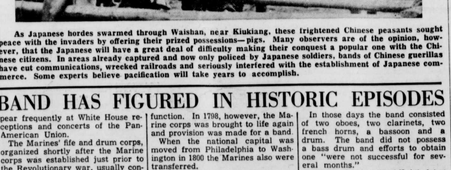
"Although this decrease in the mortality rate is reflected in nearly all the important causes of death, about 60 per cent of the decrease is accounted for by the decline in the number of influenza and pneumonia victims," he said. Death from flu dropped 65 per cent and from pneumonia, 25 per cent.

"The widespread efforts to prevent traffic accidents apparently are achieving some success, since the mortality rate from automobile accidents for the first half of the year is 20 per cent less than during the similar period of 1937."

The only important cause of death which showed a higher rate this year than last is cancer, which was 3 per cent greater. This does not necessarily mean that cancer is on the increase, public health officials explained, but indicates that the disease is being better diagnosed.

The life expectancy of the average American today is about 59 years. A century ago it was less than half of this life span.

Japanese Greeted With Peace Offerings



As Japanese hordes swarmed through Waishan, near Kiukiang, these frightened Chinese peasants sought peace with the invaders by offering their prized possessions—pigs. Many observers are of the opinion, however, that the Japanese will have a great deal of difficulty in their conquest a popular one with the Chinese citizens. In areas already captured and now only policed by Japanese soldiers, bands of Chinese guerillas have cut communications, wrecked railroads and seriously interfered with the establishment of Japanese commerce. Some experts believe pacification will take years to accomplish.

U. S. MARINE BAND HAS FIGURED IN HISTORIC EPISODES

WASHINGTON.—From an organization composed of a handful of "fife and drummers," the United States Marine band has grown to one of the most famous military groups in the world.

The smartly clad bandsmen, arrayed in scarlet coats, scarlet or white caps, and elaborate ornamentation across the uniform, are in constant demand for affairs of state and patriotic gatherings. They appear frequently at White House receptions and concerts of the Pan-American Union.

The Marines' fife and drum corps, organized shortly after the Marine corps was established just prior to the Revolutionary war, usually consisted of "bands" of 10 or more musicians.

When the war ended military activity virtually came to an end and the Marines' musical unit ceased to function. In 1798, however, the Marine corps was brought to life again and permanent provision made for a band.

When the national capital was moved from Philadelphia to Washington in 1800 the Marines also were transferred.

The band often held its concerts on a hill where the Marines pitched camp, and the music supplied much needed entertainment for the populace.

In those days the band consisted of two oboes, two clarinets, two french horns, a bassoon and a drum. The band did not possess a bass drum and had difficulty in obtain one "were not successful for several months."

The band made its official debut at President Adams' New Year's Day reception at the White House in 1801. Ever since that day the band has played on this day.

Orange Orchid of Jungle Has Petals 3 Feet Long

ST. LOUIS.—Shaw's Botanical garden has acquired a mammoth "chinelas" orchid—an orange lady slipper three feet long and the third plant of its kind to be found in the last 100 years.

The plant was found in the jungles of Panama by Dr. Robert Woodson Jr., assistant curator at the garden, who conducted a three-month herbarium collection trip through Central America.

Doctor Woodson said he found the orchid by chance while attending the opening of a Catholic mission for the Indians on the slope of the volcano of Chiraqui.

"We watched the native women decorate the altar with flowers gathered in the near-by jungle. We saw a woman approaching with a huge bouquet of about two dozen orchids with petals three feet long.

"At our request she willingly gave them to us. In the bouquet were three roots in excellent condition which we brought home."

Old Indian Village Dug Up on Dakota Prairie

MANDAN, N. D.—Within pistol shot of the site of historic old Fort Abraham Lincoln — where Gen. George A. Custer and his Seventh cavalry rode to their deaths—Columbia university anthropologists have uncovered the early life of Dakota's prairie Indians, the Mandans.

Headed by Dr. W. D. Strong, of Columbia's anthropology department, the party unearthed an ancient village. Many Indian bones, numerous weapons and pottery have been uncovered.

Many skeletons have been found in graves, Doctor Strong said, whereas the Mandan burial custom was to use a scaffold built above the ground, exposing the body to carrion birds and the elements.

Doctor Strong said it was probable the graves were used following a smallpox outbreak or a battle with Sioux tribesmen. The Mandans did not wish to disclose their losses to their enemies, he believed, and buried their dead.

HOW TO SEW

by Ruth Wyeth Spears

THERE is an amusing story about the mittens and scarf shown here. They were not hand knitted. They were purchased rather hurriedly and sent to a young miss who was away at school. She had wanted something rather gay and a bit foreign looking to wear for skating and these were perfectly plain and pretty drab. She didn't take her disappointment lying down, but decided to brighten up that scarf and mitten set and make it speak a foreign language as well! She found the Swedish cross-stitch design shown here and copied it in all its gay colors on the ends of the scarf and backs of the mittens.

Hand knitted mittens and other knitted things in plain colors may also be decorated with this pert flower pattern. Start at the upper right corner of the large flower and make the cross stitches as at A and B. This flower is a brilliant red, the small flowers bright blue and the stems jade green.

NOTE — Mrs. Spears' Sewing Book 2—Gifts, Novelties and Embroidery—has helped thousands of women to use odds and ends of materials and their spare time to make things to sell and to use for gifts and church bazaars. If your home is your hobby you will also want Book 1—SEWING for the Home Decorator. Order by number enclosing 25 cents for each book. If you order both books, a leaflet on crazypatch quilts with 36 authentic stitches will be included free. Address Mrs. Spears, 310 S. Desplaines St., Chicago, Ill.

Name Lloyd George Was Open Sesame

While motoring through Wales, David Lloyd George was forced to stop in a very small village because of darkness. Seeking a hotel, he stopped in front of a big building, got out and rang the bell.

"Sir," he said to the man who appeared, "I should like to find a shelter for the night."

"Shelter? Here?" replied the astonished porter. "This is an insane asylum."

"But I must sleep somewhere. I'm Mr. Lloyd George."

"Lloyd George!" said the fellow with a smile. "We already have five Lloyd Georges among our inmates. There is always room for a sixth."

Not Without Risk

Every noble acquisition is attended with its risks; he who fears to encounter the one must not expect to obtain the other.—Metastasio.

Favorite Recipe of the Week

JAPANESE CAKE

¼ cup shortening
1 cup sugar
2 cup molasses
1 cup warm water
4 egg yolks
1 tsp. soda
2 cups flour
1 tsp. cinnamon
½ tsp. cloves
½ tsp. salt
1 tsp. ginger
½ tsp. cinnamon
½ tsp. salt

Cream shortening, sugar, and molasses. Add warm water and beaten egg yolks. Sift flour, salt, soda, and spices together and add to first mixture. Bake in two layers.

Frosting

Boil together 1 cup sugar and ⅓ cup water. When syrup will spin a long thread pour 2 stiffly beaten whites of eggs. Add one cup raisins which have been cut in a wooden grinder and beat until thick enough to spread.

Our Presidents

Grant was christened Hiram Ulysses, but through an error on the muster roll at West Point it was changed to Ulysses Simpson.

John Tyler was a member of the Confederate congress.

Martin Van Buren was shrewd in political intrigue and campaign manipulation, and gained many nicknames. He was variously known as the "Little Magician," "Little Van," and "King Martin the First."

Theodore Roosevelt and Woodrow Wilson were awarded the Nobel peace prize.

CHECK YOURSELF FOR THESE COMMON SIGNS OF ACID INDIGESTION

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

* 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. Just simply take 2 teaspoonfuls of Phillips' Milk of Magnesia 30 minutes after your 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 distress from indigestion disappears. It produces no gas to embarrass you and offend others.

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

PHILLIPS' MILK OF MAGNESIA
IN LIQUID OR TABLET FORM

YES!

"Luden's are a natural choice, because they contribute to your alkaline reserve when you have a cold."
M. SOUTHARD, Professional Nurse, New York

LUDEN'S MENTHOL COUGH DROPS 5¢

CONSTIPATED?

Have Its Amazing Relief for Conditions Due to Sluggish Bowels

Dr. Pierce's Pellets Stimulate the liver and bowels with a gentle yet thorough action. Sold everywhere in vial of 40 pills, 25¢.

Without Risk Get a vial of Dr. Pierce's Pellets. Make the test—take one pellet for 3 nights. Then if not delighted with the results, return the empty vial for your money back.

NO-TO-NIGHT QUICK RELIEF FOR ACID INDIGESTION

ALWAYS CARRY TUMS

Mad Lover

A man of sense may love like a madman, but not as a fool.—Rochefoucauld.

How Women in Their 40's Can Attract Men

Here's good advice for a woman during her forties (usually from 35 to 52), who fears she'll lose her appeal to men. She's worried about hot flashes, loss of pep, dizzy spells, nervous tension and "blue" feelings.

Get more fresh air, 3 hours daily, and need a good physical system tonic take Lydia E. Pinkham's Vegetable Compound. It's especially for women. It helps Nature build up strength and resistance so she can go vigorously to enjoy life and resume her usual thirty years and disturbing symptoms that then accompany change of life. WHEN WORTH TRYING!

A Sermon

No man is rocked to Godliness in a hammock.—T. L. Cuyler.

MOTHERS, ATTENTION! If your child has WORMS, the best remedy to drive them out is Dr. Peery's "Dead Shot" Vermifuge. Good for grown ups also. 50c a bottle at druggists or Wright's Pill Co., 100 Gold St., New York, N. Y.

BE KIND!

TRADE MARK — MARK

Be considerate! Don't cough in public places. Carry with you Smith Brothers Cough Drops. (Two kinds—Black or Menthol, 5¢.) Smith Bros. Cough Drops are the only drops containing VITAMIN A. This is the vitamin that raises the resistance of the mucous membranes of the nose and throat to cold infections.

A Trade Mark is an Honor Badge and Newspaper Advertising the Sentinel

Substitutes today are the illegitimate children of business. They are fatherless and unknown and they come to the consumer with a "just as good" label on them. This indicates clearly to the thinking buyer that she is buying something which is only "Just as good." The unknown product, the substitute parasite, has no reputation at stake. It is merely advertised for sale on a price basis and if the consumer does not like the quality, the manufacturer has suffered no injury because the product is unknown and because he rarely links his name with a product as a standard of quality and a measuring stick of buying. It merely competes on a "take a chance" basis.

The manufacturers of well-known quality merchandise today place their names upon it and advertise it as the best they can offer to the consumer. The name of a manufacturer on an advertised product says this: This is the best product I know how to make. It is pure, good and worthy of your purchase. I think so well of it that I place my name upon it as a guarantee to you of its goodness. If it does not fulfill your wants I will gladly make good its failure.

There is no good reason why you should accept the unknown instead of the known; the untried instead of the tested; the doubtful instead of the sure. To refuse unknown substitutes is a guarantee to yourself of positive satisfaction in buying. If every purchaser will confine his or her purchases to known, advertised quality merchandise there will be little cause for complaint. Trade mark products tell their own story. It pays to look before you buy. Reading the advertisements in the newspaper, looking at trade marks, labels and names on products has purse interest.

W. E. MOFFETT

WNU—4 47—38

That Nagging Backache

May Warn of Disordered Kidney Action

Modern life with its hurry and worry, irregular habits, improper eating and drinking—its risk of exposure and infection—throws heavy strain on kidneys of the strongest. They are built to filter poisonous waste from the blood. Other ways of kidney or bladder disorder may be symptoms of a serious condition. Doctors highly recommend Doan's Pills. Millions have used them for over years of public approval. Ask your neighbor!

DOAN'S PILLS

Crochet This Cat and Tot Will Be Delighted

Pattern 6224

She'll be proud as a peacock to wear this set as its gay colors delight her with its! Made of sport yarn, it's mainly single crochet (which gives it a firm texture) with picots for decoration. The muff is a combined purse and muff—very grown-up and stylish! Pattern 6224 contains instructions for making the set shown; illustrations of it and of stitches used; materials required.

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

Largest Curtain

Designed by Ted Weidhaas, the contour curtain in Radio City Music hall hangs in golden folds across the proscenium. It is the largest in the world and required over 2,000 yards of fireproof lining and about a mile and a half of metal cable. The weight is approximately three tons. The curtain is operated by 13 motors, each of which controls a cable which is sewn into the material so that the folds may be arranged into hundreds of different contours.

Man Make Circumstances

"Man is not the creature of circumstances. Circumstances are the creatures of men."—Disraeli.

Healthy Mind Will Preserve Facial Beauty

By PATRICIA LINDSAY

Is Beauty Syndicate.—WNU Service.

A HEALTHY, clear thinking, energetic mind is not only the nucleus of beauty but it is the nucleus of a radiant happy life!

Had I space to quote famous authorities I could convince you that destructive thoughts, or an undisciplined mind, can rob a woman of her health and destroy her happiness.

As you think, your face and eyes express your thoughts. Catch a glimpse of yourself in a mirror as you converse with a friend. Notice how your eyes sparkle and your lips turn upward when you speak gaily. See how quickly a frown appears and your eyes dim when you talk of sorrow or feel sad. Your lips narrow and your eyes partly close when you give vent to anger or gossip maliciously. Would you have believed it?

Do you know that every unworthy thought registers on your face? Haven't you seen women whose countenances reveal their habitual thoughts, selfishness, jealousy? Of course you have. Overindulgence of miserable traits have robbed them of their beauty and happiness.

Don't Be A Neurotic

Sick minds, registered on faces, ward off all human sympathy and love.

So don't be a neurotic. Keep your mind active, free, and in order. It is the receiving and sending instrument of your entire body. Let it receive wholesome, pleasant messages. Let it send wholesome, pleasant dictations. You know the old adage that "Beauty comes from within"—well it does, from within your mind.

If you have been in the habit of brooding, of becoming easily hurt and of peeling thoughtless words or actions, strive to overcome those tendencies. Ignore hurts and disparagements. Realize that brooding—or worrying—is a destructive form of illness which can destroy a lot you hold dear.

Don't be a woman consumed with self-pity. Don't be a girl consumed with self-pity. Becoming easily hurt is tough time in life. Every person has problems and hurdles to leap. No life is without sorrow nor is any life without joy! Take life as it comes. Keep yourself healthy and let your mind create beauty!

HINT-OF-THE-DAY

The intelligent way to go about changing the style of your hairdress is to sit before your mirror after you have given your hair a vigorous brush stroking away from the scalp. Comb your hair back from the face. Determine which hairdo will accent your good features and soften your less glamorous ones.

If you can afford it, go to an expert stylist and let him take you in hand. Otherwise go to a good barber and get a hair cut once you have decided on the exciting new style. Try to suit your type, your mood, your clothes. Try all sorts of parts until you find one that does a lot for you.

Area of Dominion of Canada

The area of the Dominion of Canada is greater than that of continental United States. The area of United States proper is 3,026,790 square miles, while that of the Dominion of Canada is 3,729,665 square miles. United States proper and Alaska have an area of 3,617,675 square miles. That is to be seen that the Dominion of Canada has a greater area than the combined areas of the United States proper and Alaska.

Fear of Ghosts

The belief that a widow who remarries will be haunted by the spirit of her late husband is widespread in both primitive and civilized countries, says a writer in Collier's Weekly. As late as 1912 a man in Macon Ga., was quickly granted a divorce when he explained that the ghost of his wife's first husband bothered them so much they could no longer live together.

Third Century Relics

In a Roman tomb near Arles, France, famous for its Roman ruins, are a dozen villas, one having 12 rooms, a pagan temple, 52 Greek altars, beautiful jewelry, busts and pottery indicating the community dates back to the Third century before Christ.

Bloodhound First Breed Recorded

The bloodhound was given that name because it was the first breed in which a record was kept of its breed and so was termed bloodbred.

Germany's Colonial Demands Bring Tanganyika Into News

Reich Seeks Restoration Of Land Livingstone Made Famous

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

Germany's demand that the mandate settlement in regard to Tanganyika following the World war be rescinded, and that the territory be returned to Germany, brings that vast East African region again into the news.

Tanganyika was the bulk of the German East African empire before the World war. The remainder of pre-war Germany's domain, made up of two comparatively small areas, was turned over to the Belgian Congo and Portugal's colony, Mozambique, for administration.

Extending from the shore of the Indian ocean nearly halfway across Africa, Tanganyika covers an area about 4½ times that of England and Scotland combined. Twenty thousand square miles is under water. Boundary lines bisect Lake Victoria on the north and Lake Tanganyika and Lake Nyasa on the west.

If the mandate were relinquished, Great Britain would not only break her continuous chain of possessions from Egypt to the tip of the Cape of Good Hope, but her census enumerators would have to deduct more than 5,000,000 people from the British census. Most Tanganyikans are tribes of mixed Bantu races in various degrees of civilization. Some tribes in remote areas show little, if any, effect of contact with Europeans, while others through the establishment of schools, and missions, have improved their methods of farming.

Europeans in Minority

There are less than 19,000 Europeans in the territory, most of whom are residents of the towns. There also are about 32,000 Asiatics. They also live largely in the coastal towns and are employed in industry and trade.

One of the first moves of Germany after laying claim to Tanganyika in 1884 was to begin the abolition of slavery. The government declared that every native born after 1905 was to be free. The wildness of the region and lack of communications, however, made the enforcement of the decree almost impossible, particularly in isolated regions. In 1922, the British, recognizing the tendency of many tribes not to abide by the decree, made a new attempt to destroy slavery by legislation, and today there is little evidence of the old custom.

Forests covering thousands of square miles of the territory are the basis of a profitable lumber industry. Then there are extensive open areas given over to cattle, sisal, cotton, coffee, ground nuts, and grain are grown for domestic needs, and for export. Other open country supports 5,000,000 cattle, 2,300,000 sheep, and 3,300,000 goats. These and wild game are the basis of a large trade.

Contact of the natives with Europeans has been promoted by the construction of roads, railroads, telegraph lines, and the establishment of air routes. There are more than 15,000 miles of roads, easily traveled during the dry season, and three railroads which, with their branches, aggregate about 1,200 miles. The principal railroad runs across the territory from the port, Tanga, to Kigoma, on the shore of Lake Tanganyika, 772 miles. Another line runs from the port, Tanga, to Arusha near the northern border, 273 miles. A branch of the Dar-es-Salaam-Kigoma road leads from the road with the shore of Lake Victoria. Thus the northern part of the territory is not so difficult of access by rail as is southern Tanganyika where there is only a line from the port, Lindi, to Massai, about 100 miles inland.

Europe-in-Africa

Dar-es-Salaam, is the capital of Tanganyika. To the traveler familiar with the towns of the tropical coast of Africa, it seems almost a fairy city as his steamer moves into the harbor and down the coast he has seen only the rambling, squalid Negro and Arab towns; but here is a garden city of Europe set down amid groves of palms and flowering trees of the tropics.

Streets and boulevards were laid out on a generous scale, bordered by palms and other trees and beautified by beds of flowers and shrubs. Along the shady streets German builders fashioned bungalows of white stone with red tile roofs that would do credit to Florida or California. Huge government buildings were set up—buildings that in size and architecture would do credit to European or American cities of 200,000 population. In addition the German built a fine, modern hospital, warehouses, wharves, a dry dock, and business blocks.

This spotless town of the tropics had just been completed when the World war started. In 1916 the German forces surrendered Dar-es-Salaam and Tanganyika to the British, and the country was made by the treaty of Versailles into a British mandate. The British have retained the attractive German-built capital, adding a golf links here and a tennis court there.

Economically, Dar-es-Salaam has not lived up to expectations. Considerable trade continues to run in old channels, using ports that are mere roadsteads north and south of the capital. Dar-es-Salaam has a great asset, however, in its railway across Tanganyika territory to Lake Tanganyika. As the interior has been developed along the railway there has been a healthy growth of trade, and when plans for a network of railroads and highways are realized, the port-capital should come into its own. Its present population is about 30,000.

Because Tanganyika contains some of the best grazing ground on the continent, several tribes of the territory have built their civilizations almost entirely on cattle-raising. The Masai tribe, whose chief interests are wars and cows, owns the richest pastures and the finest herds. They take little milk from their cows; consequently the calves thrive.

Land-Locked Lake

Lake Tanganyika is the world's longest fresh water lake. It has many unusual features. Approximately 450 miles long and from 20 to 45 miles wide, it lies in a rift with high banks on both sides. Some sheer cliffs are 2,000 feet and more high. In other places mountains near the coast reach altitudes of 8,000 and 10,000 feet. The surface of the lake is about 2,500 feet above sea level, and its greatest depths are approximately 4,700 feet. Thus its floor is well in excess of 2,000 feet below the ocean level. Only Lake Baikal, Siberia, among fresh water lakes, has a greater depth.

Although Tanganyika is classed as a fresh lake, its waters are sometimes slightly brackish. It teems with fish; more than 200 varieties have been identified. Along parts of the shore are numerous crocodiles and herds of hippopotami.

Sudden tropical storms are a danger to navigation on the lake. The wind whips up through a canyon in the southern end and lashes the lake into a raging sea. Enormous breakers roll up and crash on the shores, often uprooting trees and demolishing native huts.

Lake Tanganyika lies roughly in the middle of the chain of great lakes which stretches north and south through east central Africa for approximately 1,200 miles. The northern end of the lake lies about 200 miles south of the equator. Nearly the entire western shore belongs to Belgian Congo. The northern part of the east shore is in territory of the Belgian mandate of Ruanda-Urundi, while all the remainder of the east coast is part of Great Britain's mandate of Tanganyika. Northern Rhodesia, another British territory, borders the lake for 85 miles at its southern end.

Tanganyika was first visited by Europeans in 1858 when Burton and Speke reached Ujiji on the eastern shore. Ujiji is the memorable spot where Stanley found Livingstone on October 18, 1871. A stone commemorating that meeting still stands in the town, although now about 450 yards from the shore because of the receding of the water since then.

This tablet at Ujiji, on the shores of Lake Tanganyika, marks the spot Stanley met Livingstone.

Of the former German possessions in Africa (shown in black) France holds mandates to, Togoland (1), and the Cameroons (2), with a minor interest allowed to Great Britain in both. South Africa (3) holds a mandate for Southwest Africa (3) and Britain a mandate for Tanganyika (4). Angola (6) is held by Portugal.

WHAT to EAT and WHY

Feed Adolescent Correctly or Tragic Consequences May Result, Warns C. Houston Goudiss; Teeth Must Receive Special Consideration

By C. HOUSTON GOUDISS

OFFHAND, it may seem as if there could be very little connection between a deficient diet during adolescence and painful childbirth in later years. Yet it has been demonstrated clinically that there is a definite link. It has likewise been determined that the kind of food which is fed adolescents has a significant and far-reaching influence upon their teeth in later life, and in the case of girls, upon the teeth of their children when they in turn become mothers.

Preparation for Parenthood

Adolescence is a difficult period at best. And if a girl takes an unbalanced diet at this time, the result may be an unstable nervous system, poor physical development, lowered vitality and inability to fight off infections. This lack of strong resistance may open the way to dental disease and to a variety of other serious infections as well.

It has also been established that if a girl is poorly nourished during these years of rapid development, there may not be the slightest indication of that fact until she first becomes an expectant mother. Then she will pay for her mother's lack of nutrition knowledge.

Results of Calcium Deficiency

If her diet has been deficient in calcium, for example, her pelvic bones may be imperfectly developed, so that she suffers unnecessarily during the birth of her child. And if liberal amounts of calcium have not been stored in her body, she may be called upon to make needless sacrifices from her own body in the interests of her child. It is well known that if an expectant mother's diet is not abundantly supplied with calcium, the substance will be withdrawn from her own bones and teeth in an effort to meet the needs of the developing child.

An Aid to Dental Health

For although expectant mothers are not always aware of this important fact, it is true that the first or "baby" teeth are developed within the jaw during prenatal life, and the foundations for the second set are also laid at this time.

Unless the expectant mother's diet is very generously supplied with calcium, so as to allow adequate amounts for the baby's teeth and bones, nature will endeavor to meet the child's requirements by sacrificing calcium from the mother's own body. If she has no adequate reserve, then she may be forced to lose "a tooth for every child," or suffer even more serious dental ills.

Calcium-Rich Foods Required

Leading nutrition authorities hold that the average American diet is more deficient in calcium, perhaps, than in any other single nutrient. This is especially likely to be the case in the diet of the adolescent. For at that time, boys develop prodigious appetites and a tremendous capacity for carbohydrates or energy-producing foods, while girls become extremely finicky. Either they do not take enough food at meals, or they tend to eat too many rich mixtures between meals. As a result, the diet of both boys and girls is likely to contain an abundance of meat, fish, highly milled cereals and other refined foods, with inadequate amounts of the foods rich in calcium.

The Adolescent's Diet

To balance the diet properly, these necessary protein and energy foods should be supplemented by milk and cheese which are rich in calcium; by green leafy vegetables which are also a good source; by eggs and fruits, valued for their minerals and vitamins; and by bulky foods which supply sufficient cellulose to help promote regular health habits.

**Mothers of adolescent children should