Doll's Wardrobe Is Easy, Quick to Knit

Pattern 1203.

A doll's wardrobe for a regulation 14 and 18 inch doll is easily made when the little dress is just two identical pieces . . . coat and tam many in dockinette stitch. Use up your left-over wool! Pattern 1203 contains directions for making coat, tam and dress shown; illustrations of them and of all stitches used; material requirements.

Send 15 cents in coins for this pattern to The Sewing Circle, Needlecraft Dept., 82 Eighth Avenue, New York, N. Y.

CAMERA SHY

This lioness mother at Chicago's Lincoln Park zoo carries her three-week-old cub to safety when the photographer appears. It looks dangerous for the youngster but mother is mighty careful not to scratch her offspring in transit. An intruder would find the same jaws merciless.

Top Requisite of Charming Hostess Is Imagination

By BETTY WELLS

Sound Thinking

"The greatest need in the world today is for men and women who can think straight," said former President Abbott Lawrence Lowell of Harvard university some time ago. But what constitutes sound thinking? Too many times we permit "wishful thinking" to be mistaken for "sound thinking," and often we permit emotions, prejudices, and even hatreds to color our thinking for us.—J. H. Jackson.

WHOEVER TAKES ASPIRIN SHOULD STUDY THESE PICTURES

Drop a Bayer Tablet in water and watch it disintegrate in 2 seconds—hence is ready to "go to work" rapidly

This "Quick Dissolving" Property is Why BAYER Aspirin Acts So Fast to "Take Hold" of Muscular Aches and Pains

If you suffer with headaches or the pains of rheumatism or neuritis, keep the above picture about genuine Bayer Aspirin in your mind. Especially if quick relief is what you want.

For the way a Bayer Tablet works in the glass is the way it works when you take it. It starts to dissolve almost at once—hence is ready to "take hold" of the rheumatic pain or headache with astonishing speed. Relief often comes in a few minutes.

Always ask for "BAYER Aspirin" —never ask for "aspirin" alone.

15¢ FOR 12 TABLETS
2 FULL DOZEN 25¢

OLD FOLKS

Here is Amazing Relief for Conditions Due to Sluggish Bowels

Nature's Remedy (NR) Tablets act thoroughly but gently yet surely to give you all the benefits of all vegetable laxatives. Not habit forming. Not harsh nor griping. Sold on a guarantee to satisfy or money back.

Without Risk Suggest Nature's Remedy (NR) Tablets to your family and friends. Make the latter gain 8 and elderly people the best bit on. We will gladly send a trial box free upon request. Ask for NATURE'S REMEDY (NR) TABLETS. Get a 25c Tablets today.

NR TO NIGHT Thoroughness without harshness

ALWAYS CARRY NR TABLETS IN YOUR POCKET

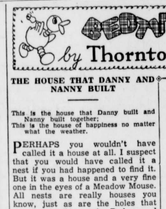
GUM GUM QUICK RELIEF FOR ACID INDIGESTION

WATCH the Specials

You can depend on the special sales announcements 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.

Tabbie Talks by Thornton W. Burgess

THE HOUSE THAT DANNY AND NANNY BUILT



This is the house that Danny built and Nanny built together.
This is the house of happiness no matter what the weather.

PERHAPS you wouldn't have called it a house at all. I suspect that you would have called it a nest if you had happened to find it. But it was a house and a very fine one in the eyes of a Meadow Mouse. All nests are really houses you know, just as are the holes that are dug by Digger the Badger and Johnny Chuck and Striped Chipmunk, and just as are hollow trees in which live Unc' Billy Possum and Bobby Coon. It was the new home of Danny and Nanny Meadow Mouse and they had no end of fun in building it.

Of course Danny, being very much in love, allowed Nanny to have her way in everything. It was she who decided just exactly where the new house should be. It took her some time because she changed her mind so often. She would decide upon a place and Danny would at once start work, and then she would find a place that she liked better. If Danny got a wee bit impatient he didn't show it. You see, he wanted Nanny to be wholly satisfied. At last she picked out a place right in the very middle of the pile of old corn stalks close to the edge of Farmer Brown's corn field and this time she didn't change her mind.

First a place had to be made for it and Nanny was very particular that this should be just right. It took a lot of hard work because there were two or three tough old cornstalks that had to be cut and pulled out of the way. But at last this was finished and they were ready to build the house. There was plenty of splendid material right at hand. Perhaps this is one thing which had led thrifty Nanny to decide on this particular place. You see, there were dried corn husks all about and there is nothing nicer for a Meadow Mouse house.

So Danny set to work stripping off and bringing corn husks, and these Nanny made into a beautiful little, round house in such a way that when it rained the water would run off and not inside. When she had finished the outside to suit her, and Danny had admired it and called it the finest house that ever was, as of course, he was bound to do, she went to work on the inside. Now if Nanny was very particular about the outside she was positively fussy about the inside. She sent Danny to find the softest dried grass, and when it wasn't soft enough to suit her she sent him for more. With this she lined the whole inside and wouldn't let Danny even peep inside until she had fixed it to suit her.

"It's the most wonderful house I ever have seen," declared Danny as he curled himself up on a soft bed of grass to rest.

"Of course it is because it is our house—yours and mine—and we are the happiest people in all the great world," replied Nanny, cuddling down beside him.

"No one will ever think to look for us here," said Danny. "I'm going to make a lot of little paths under the old pile, and if anyone should happen to find us here, all we will have to do will be to play dodge along those little paths. Listen! I hear footsteps outside this very minute!"

They lay perfectly still. Sure enough there were footsteps outside, great heavy footsteps. Danny crept out of the house and down under the corn stalks where he could peep out.

"It's Farmer Brown's boy, and he's gone right past without once suspecting that anyone is living here," he chuckled. "I hope he will come often, because if he is around here much Reddy and Granny Fox will keep away. They might smell us but Farmer Brown's boy can't smell, and he'll never think of looking inside this old pile of corn stalks. I never was so happy in all my life! Were you?"

And Nanny admitted that she never was.

© T. W. Burgess.—WNU Service.

KER-CH-O-O!!

Pretty Jean McNally has tossed her hankie into the ring to vie for honors as "hay fever queen" in the novel contest conducted at Galveston, Texas, among the hay fever colony. Galveston's medical authorities say that this is one of the most virulent seasons in years for sufferers of the allergic affliction. Miss McNally was given odds to win by a nose.

She sent Danny to find the softest dried grass.

Japs, Chinese Laud U. S. Missionaries

Courage in War Zone Wins Praise of Both Armies.

PEKING, CHINA—The Christian missionary in China, sticking to his post despite shelling from air and land, succoring wounded soldier and fear-racked civilian refugees, has received fitting recognition from Chinese and Japanese leaders alike.

No less than 20 American and British Protestant missionaries and Catholic fathers of many European nations, have gone to their deaths at their outlying stations.

Aiding these foreigners in nine of the war stricken provinces are some 260,000 Chinese Christians, according to the National Christian Council of China.

American and European women came in for particular praise at the lips of Madame Chiang Kai-shek, who said:

"I wish to express on behalf of the women of China an abiding appreciation of the splendid services which have been rendered to our people by those women of America and Europe who threw in their lot with us in our country."

From the Japanese military spokesman in Peking, Lieut. Col. Jenso Hiraoka, comes equal praise of the foreign Christians in the war zones.

"I have always held foreign missionaries, especially women, in high respect, because they do for public welfare. My respect for them was renewed when I followed our troops into Kaifeng.

"There I learned how they put up mat sheds in the Kaifeng railway yards. Foreign missionaries attended wounded Chinese soldiers. Day and night they worked hard, changing soiled bandages for no less than 40,000 wounded Chinese," said Colonel Hiraoka.

KNOW THYSELF

by Dr. George D. Greer

WHAT IS MEANT BY "NERVOUS INDIGESTION"?

PEOPLE who get "nervous indigestion" are usually highly temperamental, or else are living from of worry and high tension. It is definitely established that worry will stop the digestive process and cause food to lie undigested in the stomach for hours. This soon produces violent headaches and finally vomiting. It is purely an emotional disturbance that upsets the stomach. Excitement, anger, grief and similar emotions affect digestion in the same way. This is "nervous indigestion." In some cases the emotions may cause an excessive flow of gastric fluids that will eat into the lining of the stomach, or produce stomach ulcers and finally cancer.

Copyright—WNU Service.

HOW TO SEW

by Ruth Wyeth Spears

THERE comes a letter from a reader ordering both of the sewing books offered below. She says, "I have to smile when people tell me it does not pay to sew. Recently I had a regular spree of doing over the living room. I spent $10.35 for materials. The sewing machine and I did the rest. Here is what the ten thirty-five bought: New slipcovers for the davenport and two chairs, chintz curtains for three windows, a new ottoman and a lamp shade. The slipcover for the davenport alone would have cost fifteen dollars if made outside."

It now seems that there is a need for more color in the newly decorated living room. The curtains are very gay but the new slipcovers rather neutral. Why not repeat some of the curtain colors with bright cushions? A clever girl I know saves the good parts of old silk dresses and blouses and buys remnants of bright silks and ribbons for this purpose. Her pillows are always most professional looking. If contrasting pieces are joined, she uses covered cords in the seams and contrasting cordings and neat little frills around the edges to repeat the strongest tones in the room. In this way many different kinds of material may be brought into harmony. I have sketched for you here some of the smart tricks that help to give cushions a well-tailored look.

NOTE: You also may have smart slipcovers, curtains and dozens of things you have been wanting. Mrs. Spears' books have helped thousands of women. She tells you quickly with pictures the things it would take years to learn by old-fashioned methods. Her sewing sketches clear away all uncertainties both for the beginner and the experienced sewer. Every page is packed with new ideas—all illustrated. Book 1—SEWING, for the Home Decorator. Book 2—Gifts, Novelties and Embroidery. Books are 25 cents each. Order both books and get fascinating quilt leaflet free. Address Mrs. Spears, 210 S. Desplaines St., Chicago, Ill.

Ask Me Another

A General Quiz

The Questions

9. Has the President of the United States unlimited use of the radio?

10. Who were the first couple to be married in the White House?

1. What foreign languages does President Roosevelt speak?

2. How do the Japanese cherry trees in Washington differ from our native cherry trees?

3. The population of the United States has increased how much in four generations?

4. What is the world record high jump by a horse?

5. How many covered bridges are there in Vermont?

6. What is Deutschland the first submarine to cross the Atlantic for commercial purposes?

7. How does a gallon by which we buy gasoline differ from a British gallon?

8. How old is the famous grapevine in the royal gardens at Windsor?

The Answers

1. President Roosevelt speaks French and German and reads Spanish.

2. The Japanese trees do not bear fruit.

3. The population has increased thirty-fold.

4. The record is 8 feet 13-16 inches, set by Greatheart in 1923. It has never been equaled.

5. The state has more than 200 of these picturesque bridges.

6. Yes, and also the first to cross in time of war.

7. It is about one-fifth larger.

8. It was planted in 1775 and yielded more than 1,000 bunches of grapes this year. Its parent vine is at Hampton Court palace, where it was planted in 1768 and still thrives.

9. Yes. This is a courtesy given the President. He may use the radio for broadcasting purposes at any time and if his speech runs over the allotted time he is not cut off.

10. Mrs. Lucy Payne Washington and Justice Thomas Todd of the United States Supreme court. Mrs. Washington was a sister of Mrs. James Madison, and the widow of Phillip S. Washington.

Stupid Man

A man must be excessively stupid, as well as unbearable, who believes there is no virtue but on his own side.—Addison.

NO ONE IS IMMUNE TO ACID INDIGESTION

Still Coughing?

No matter how many medicines you have tried for your common cough, cold or chest congestion, irritation, you may get relief now with Creomulsion. Creomulsion is a medicine that you may not have to 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 germladen phlegm.

Creomulsion is not a cough syrup, but a concentrated emulsion of cod liver oil, creomulsion, and other ingredients, which contains no narcotics. Your druggist is authorized to refund your money if you are not satisfied after taking the first bottle. Creomulsion is one medicine for a cough, cold, or chest congestion that you can depend on. Get Creomulsion and the relief you want. (Adv.)

NERVOUS?

Do you feel so nervous you want to scream? Are you cross and irritable? Do you sound like a regular bear?

If your nerves are on edge and you feel like screaming, try Phillips' Vegetable Compound, made especially for women.

For over 60 years one woman has told another how to go "smiling their" with reliable Phillips' Vegetable Compound. Get a bottle today.

FALSE TEETH

Enjoy BEAUTIFUL NEW FALSE TEETH

63 DAYS' TRIAL

Write today for Dr. Kinney's Dental Catalog and Impression Material. Sent FREE. Mention preferred shade. Dr. Kinney's Dentures are guaranteed satisfactory or money refunded. Write today.

UNITED STATES DENTAL COMPANY
Dept. 1196, 1555 Milwaukee Ave., Chicago, Ill.

Police Happy Over New Motor Scooters

A double squad of Inglewood, Calif., policemen has been equipped with new self-shifting motor scooters which have proved successful in experiments to take the place of motorcycles in traffic and patroling activities. The machines have a top speed of 45 miles an hour and get 100 miles to a gallon of gasoline.

U. S. HIGHWAYS TAKE HEAVY TOLL OF LIFE AND LIMB

WASHINGTON.—American highways are almost as dangerous as a battlefield, according to reports of the United States bureau of public roads and National Safety council.

Last year 39,500 persons were reported killed and 1,360,000 were injured on highways. These casualties were greater than American losses in any similar period of the World war.

Responsibility for a large percentage of the automobile accidents was attributed by the bureau to misuse and diversion of automobile taxe funds. It said $161,413,000—13½ cents out of every highway tax dollar—was used last year for non-highway purposes.

The bureau withheld $472,862 in federal aid from Massachusetts and $250,000 from New Jersey for illegal diversion of state highway funds, mostly for relief purposes. Georgia was placed on probation and North Dakota warned for questionable practices.

The use of highway funds for other purposes by several states is being investigated and action may be taken soon, bureau officials said.

State highway income in 1937 totaled $1,195,625,000 and expenditures —including payments on debt, state police, local roads and non-highway purposes—amounted to $1,168,706,000, the bureau reported. Federal contributions amounted to $262,762,000.

Even that amount was insufficient to keep the highways in good condition and build new roads, the bureau said. No official estimate was available as to the number of persons killed or injured in "death traps" on highways, but officials said faulty roads contributed to a great number of accidents.

Gadget to Locate Moving Airplanes Proves Success

NEW YORK. — Airline officials here have been testing a new method for locating airplanes in flight —a frosted glass screen with a tiny green speck moving continuously across it to represent the plane in flight.

The screen was developed by Bell Telephone laboratories for the Western Electric company and will be used in connection with the civil aeronautics authority's beacon system. The board is said to follow precisely the flight of an oncoming plane. By return radio telephone, airport officials can guide the pilot to the field.

As a pilot talks through his radio, the green light moves with the plane's position on the circular screen of a cathode ray tube. Compass markings on the screen's edge enable the airport dispatcher to give the pilot his exact bearings even though visibility may be obliterated by fog or rain.

False Daylight for Hens Boosts Egg Production

SYDNEY. — Australian poultry farmers are putting one over on the hens of the country.

By fooling them into taking an extra meal a day and increasing their working hours, the poultrymen insist the hens have been fooled into laying more eggs.

By the use of a time clock and automatic feeders, which make it unnecessary for the farmers even to get out of bed, powerful electric lights are switched on about 3 a. m., fooling the hens into the idea that daybreak has arrived. The roosters help out by crowing.

The hens jump from their roost, peck up the extra meal that is strewn to them by the automatic feeders, and get to work at once on the business of the day of laying an egg.

The poultry farmers declare the new system is especially effacious during the winter.

Pure as Winter Air

Insure quick smooth starting, perfect lubrication, care-free driving this Winter. Go to your favorite dealer now and change to *Acid-Free Quaker State* Winter Oil. Quaker State's *lose cold test* will relieve you of cold weather starting troubles. Its *purity* will free you from worry about sludge, carbon or corrosion. So, to be care-free, make Quaker State your choice. Quaker State Oil Refining Corporation, Oil City, Pa.

Buy *Acid-Free* Quaker State Winter Oil
it Makes Cars Run Better, Last Longer

CLASSIFIED DEPARTMENT

CHICKS

ROCKS, REDS, & BR. CROSSES hatched from selected Hen Hatch Breeders. Hatched Daily. Hatch Date Free. Hatched Every Day. Liberty Hatchery, Princess Anne, Md. Princeville 363R.

Eye-Glass Attachment

EYE GLASSES HURT? SLIP? INSTANT relief from irritation on nose or behind ears. Millions now using Comfort-grip cushions. Sent on trial. EYE-GLASS ATTACHMENT CO., Dept. W., Box 135 Station N, New York, N. Y.

Uncle Phil Says:

Man Is a Thinking Being

Every man thinks, whether he will or not; all he can do is to turn his thoughts the best way.

Which is the best law, one that fills the jails or one that leads the people to behave as well that they don't get in?

From the Japanese military spokesman in Peking, Lieut. Col. Jenso Hiraoka, comes equal praise of the foreign Christians in the war zones.

Plea for Moderation

Suspiciousness is as great an enemy to wisdom as too much credulity.

An impossible man is one who hasn't a bit of foolishness in his makeup.

Calmness of desperation has no gratification in it.

* * *

Done by Degrees

One does not graduate from a school of learning in a hurry.

So long as imagination lives, a love of liberty will.

Tomorrow is the happiest day in the average man's life.

Lions, four legged or two legged, roar too much.

Live Well

Our care should not be so much to live long, as to live well.—Seneca.

But Why Suffer? *Here's how you can "Alkalize" anytime—anywhere—the easy "Phillips"*

WHY SUFFER from headaches, "gas," "upset" and biliousness due to Acid Indigestion—when now there is a way that relieves excess stomach acid with incredible speed.

Simply take two Phillips' Milk of Magnesia Tablets at first sign of distress. Carry them with you—take them unnoticed by others.

Results are amazing. There's no nausea or "bloated" feeling. It produces no "gas" to embarrass you and offend others. "Acid Indigestion" disappears. You feel great.

Get a bottle of liquid "Phillips'" for home use. And a box of Phillips' Milk of Magnesia *Tablets* to carry with you. But — be sure any bottle or box you accept is clearly marked "*Phillips*" Milk of Magnesia.

PHILLIPS' MILK OF MAGNESIA
★ IN LIQUID OR TABLET FORM

Merchants All

Every one lives by selling something.—Stevenson.

CONSTIPATED?

Don't Let Gas, Nerve Pressure Keep You Miserable

When you are constipated, the lower bowel, FILLED with accumulated waste avoid the bowel, and presses on nerves in the pelvic area. This nerve pressure causes bloating, gas, nervous tiredness, headaches, stomach upset, and disturbed sleep. Partly digested food starts to decay forming GAS, which bloats the stomach and causes sour stomach, and heartburn. You think you have indigestion. Your bowels need to be cleared so that your digestion can start to work. You feel tired out, grouchy and nervous. Your sleep is disturbed. Get Dr. Caldwell's Syrup Pepsin. This efficient peppermint laxative relieves that awful GAS almost at once. It usually clears the bowels in less than two hours. No waiting for overnight relief. *Sold at all drug stores*

War's Virtues

In war, force and fraud become cardinal virtues.

BLACKMAN STOCK and POULTRY MEDICINES SAFE and SURE

- Blackman's Medicated Lick-A-Brik
- Blackman's Stock Powder
- Blackman's Cow Tonic
- Blackman's Hog Powder
- Blackman's Poultry Powder
- Blackman's Lice Powder

NONE FINER—NONE MORE COST

Satisfaction Guaranteed or Your Money Back!

BUY FROM YOUR DEALER

BLACKMAN STOCK MEDICINE CO.
CHATTANOOGA, TENNESSEE

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.

Horse Sense About Winter Oil Change

Cold weather creates new problems in lubrication. To overcome damaging wear, the motor oil must possess three essential characteristics: (1) low cold test to assure quick easy starts (2) ability to lubricate at all driving speeds (3) durability to stand up for reasonable mileage. Curiously enough these requirements are contradictory in that to assure one factor it is very easy to unbalance another.

The only safe rule to follow in preparing your car for Winter is to buy the very best motor oil, Acid-Free Quaker State.

The refiners of Quaker State know from experience that developing motor oils for Winter use. Today in four great modern refineries the most modern equipment and methods transform the finest Pennsylvania grade crude into motor oils which make automobiles, trucks and tractors run better, last longer, the year 'round.

The low cold test of Quaker State Winter Oil assures smooth easy starts. Its purity frees you of worry about sludge, carbon and corrosion. Its ability to stand up is unequalled . . . you go farther between drains. Ask for a quart.

It is merely commonsense to practice economy. And the accumulated experience of car manufacturers, engineers, and most car owners proves that the best high quality motor oil is genuine Pennsylvania. It is conservatively estimated by authorities that 80 to 90 per cent of all repairs to an automobile are caused by faulty or incorrect lubrication.

A wise man once said: "It takes 12 months and sometimes longer to correct a mistake on a farm." Just so, five minutes running with the wrong oil in the engine of your car the first cold morning this Winter can cause more wear and damage than all the miles you drove this past Summer.

Play safe with your motor investment. Ask your dealer to prepare your car for Winter with Acid-Free Quaker State Winter Oil of the proper grade for your community.—Adv.

FREE

4 cups of GARFIELD TEA

to show you the easy way to KEEP CLEAN INSIDE!

You'll like the way it makes you feel, mentally, in the feeling of "lightness" and "cleanness" that follows. Relief from the left-over waste that hold you back, cause headaches, bad breath. Garfield Tea is not a miracle worker, but if CONSTIPATION makes you "miserable as an outcast" try one 25¢ of 2-cup size. — or WRITE FOR FREE SAMPLE of Garfield Tea and Garfield Headache Powders to GARFIELD TEA CO., Dept. 25, Brooklyn, N. Y.

Impudent Success

Nothing is so impudent as Suc cess—unless it be those sin favors —Planche.

Sentinels of Health

Don't Neglect Them!

Nature destined the kidneys to do a marvelous job. Their task is to keep the living blood stream free from poisonous waste impurities. Four pints of blood must pass through the kidneys every minute! Nature intended these kidneys to remove from the blood if good health is to endure. When kidneys fail to function as Nature intended, there is reason for alarm that may cause body-wide distress. Often you may suffer backache, persistent headache, attacks of dizziness, rheumatic pains, leg pains, nervous tension, loss of vigor, tired, fretful, scanty or worn out.

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

Use recognized and proven treatment for a diuretic medicine to help the kidneys get rid of excess poisonous matter. Use *Doan's Pills*. They have had years of public and world-wide approval. Are endorsed in countries over. Insist on *Doan's*. Sold at all drug stores.

DOAN'S PILLS

BILL-OF-FARE

ONLY the stoutest heart enters a restaurant where the waitress has a filet of beef, lobster Thermidor, or even ham-and-eggs without first consulting the menu-card. For here are suggestions to set the tastes buds squirr . . and prices plainly marked.

★ Shopping for merchandise can be pleasantly carried on in this manner. The advertising columns are in effect a bill-of-fare, with prices that protect as a bill-of-rights. In the columns of your home, at the breakfast-table, you may check and choose before starting to town.

★ And what a varied bill-of-fare it is! Everything your heart may desire, your home may require, and your budget may permit. Presented in a readable and interesting fashion. Sponsored by a merchant whose name you know, whose services you have come to rely upon.

★ Get the advertising-reading habit. It saves time, temper, and shoe-leather, to say nothing of your hard-won cash. The advertiser's word is as good as his hand. On no other basis could he hope to hold your custom.

FLOODS

Tragedy, pathos, even humor follow in wake of the muddy waters.

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

NO MARKS made by man on his earth can compare, in magnitude, with the giant Mississippi levee system. It overshadows even the Great Wall of China.

More than 2,000 miles of dikes parallel this Father of Waters from Cape Girardeau, Mo., south to the Gulf of Mexico. These were built under the direction of United States army engineers. Along many rivers, great and small, that flow into the Mississippi, still more dikes and levees have been thrown up, some by local authorities, some by the army.

Into the Mississippi itself there pour the waters of so many hundreds of rivers, creeks, and other streams that nobody even knows all their names. Fifteen thousand miles of its system are navigable; total length of all tributaries in a rainy year may be close to 300,000 miles.

Among its greater tributaries are the Missouri, Wisconsin, Des Moines, Illinois, Ohio, White, St. Francis, Arkansas, and Red rivers. At no time in recorded history have all these been simultaneously in dangerous flood. Such a calamity is not good to contemplate.

But early in 1937, heavy rains along the Ohio alone swelled it to such unheard-of-heights that it sent the greatest volume of flood water in Mississippi annals racing down the river.

"All the rivers run into the sea; yet the sea is not full; unto the place from whence the rivers come, thither they return again," says the Bible. In what simple words Holy Writ condenses the Ohio flood's cycle of four phases: evaporation from Gulf and Caribbean; clouds blown north two or three thousand miles; rainfall over the Ohio basin; runoff, flood.

Man can tamper with only one phase of this great cycle—flood.

Yet look at its power!

Billions of Tons

Think, too, what strength nature used to get this water up out of Gulf and sea and haul it north over the Ohio basin, where they say 60,000,000,000 tons fell in 25 January days. To lift that bulk of water from the Gulf and the Caribbean, and to move it so far, probably took more strength than the combined power of all motors, machines, winds, waterfalls, and animals then working in the whole United States.

To gauge such power, imagine this river, in January of 1937, as frozen solid from Pittsburgh to New Orleans—a 2,000-mile long glacier average of ice 50 feet thick, carrying cows, coal, and other cargo. Imagine the force of such a river!

Homes Floated Away

Looking into a floating Louisville house, rescuers saw a parrot roosting on a plate. Saved, warmed, and fed, the bird squawked in a hoarse but cheerful voice, "This is fine! This is fine!"

To calm Evansville refugees, photographic records were played over a factory's public address system. The plaintive tune, "Mississippi Mud," brought cheers—and "raspberries."

Moses Guthrie, telephone operator at Lake City, Ark., remained at her switchboard for three and a half days to pat through 850 important long-distance calls. There was no one available to relieve her.

Rescuing farm animals, near Henderson, Ky., when flood had subsided, workers found where they had beats had eaten all bark from trees to a height of six feet. A farmer near Sorgho, Ky., had a cow and eight hogs in his bedroom—water was up to his second floor. When found, he was sitting on his bed, milking the cow!

Coast Guard boats en route to Parkersburg from New York detrained 20 miles above the West Virginia town and took to the water, starting down what the commander took for the Ohio river. But both the Ohio and Little Kanawha, out of their banks, formed one whirling yellow sea.

Pushing trees aside and dodging telephone wires for hours, the fleet got lost. Suddenly an angry voice called from Stygian darkness, "Get the — out of my chicken yard!"

Epidemic often follows in the flood's wake. Even before the debris is cleared away, health officers post warnings to prevent the spread of contagious disease.

on our lawn?"

"I bought a brand-new car that had been under water ten days for only $25. I'm a mechanic. In two hours I cleaned it out; it runs fine."

"There's a cow walking around on our upstairs porch, bawling for food."

One thinks of flood as a violent force, tornado-like in lateral pressure, sweeping all before it. Not so in backwater, or sluggish currents slowed down by walls and embankments.

As in Paducah, under water for 15 days or more, it was slow soaking and settling slime which wrought ruin. Walls and foundations crumbled; in shop windows light objects of merchandise floated foolishly about on top of the water. Candy in showcases turned to glucose masses streaked with color. In a drugstore rows of muddy bottles stood on shelves, their labels soaked off, and a newsstand rack was a mass of sodden, swollen pulp.

In homes, saturated mattresses and upholstery bloated to twice normal size; wallpaper peeled; rugs were thick with slime and mud; pianos and cheap, glued chairs and tables literally fell to pieces. Grotesquely, bedclothes, rocking chairs, picture frames, baby buggies—and a cow—hung high in treetops, tossed there by the flood's crest.

News dispatches told volumes in few words: "On board steamer Thomas Moses, Henderson, Ky., January 28.—Tied up in a cornfield five miles from the Ohio river, in 13 feet of water, and with 87 refugees on board, 150 mules, 250 hogs, 14 cows, 1 dog, 4 chickens, 1 guinea, 1 pigeon, 2 quail, 1 pheasant, 1 coon and 1 possum."

"Aided by the coast guard, army engineers, and private shipowners, we used some 5,863 boats in rescue and relief work," said the late Admiral Cary Grayson, former head of the American Red Cross.

"At one time, in one warehouse at Columbus, Ohio, we had stored 40,000 tons of food. In all, we imported more than 1,300,000 people—from Pittsburgh to the Gulf."

Humor, Too!

Swirls of braid on the pretty sleeves, and a bit of braid edging the round collar trim it up just enough. Make this of gingham, calico or percale for home work, and in wool crepe, flannel or flat crepe for runabout.

The Patterns.

No. 1585 is designed for sizes 36, 38, 40, 42, 44, 46, 48, 50 and 52. With long sleeves, size 38 requires 3 yards of 39-inch material. With short sleeves, 4¾ yards; 1¼ yards trimming.

No. 1629 is designed for sizes 14, 16, 18, 20, 40 and 42. Size 16 requires 4⅝ yards of 35-inch material; 1⅛ yards braid.

Fall and Winter Fashion Book.

The new 32-page Fall and Winter Pattern Book which shows photographs of the dresses being worn is now out. (One pattern and the Fall and Winter Pattern Book—15 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.

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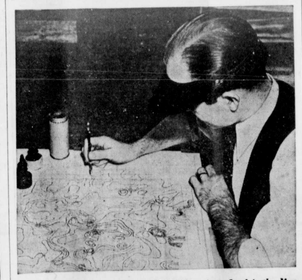

One result of the disastrous 1937 Ohio river flood is the Muskingum watershed conservancy district, a flood control program. Voluminous data has been assembled to show where rains fall in the eastern one-fifth of Ohio, which is now protected by 14 flood control dams. The above map shows where rain will occur during storms which pass over the area.

WHAT to EAT and WHY

C. Houston Goudiss Describes the Body's Vital Need for Vitamin C; Names Most Significant Sources of This Substance

By C. HOUSTON GOUDISS

OF ALL the vitamins that should be included in the diet every day, none, perhaps, is more important, nor more frequently provided inadequately, than vitamin C.

There are, I believe, two reasons for this. First, unlike some of the other vitamins, vitamin C is not stored by the body, so that it is impossible to build up a reserve supply. In order to maintain top health, it therefore must be furnished in the diet every day. Second, the C vitamin is more easily destroyed than some of the others, for it is oxidized upon exposure to the air, and is usually partially destroyed in cooking. That accounts for the well-known rule that it is usually desirable to include in the daily diet some raw foods, such as cabbage or citrus fruits. The rule may be waived, however, when tomato juice or cranberry sauce are included in the menu. For careful experiments have determined that, because of their high acid content, these two foods retain their vitamin C to a remarkable degree, when commercially canned or when cooked quickly in the home.

Functions of Vitamin C

The full importance of including an adequate supply of vitamin C-rich foods in the diet can only be fully appreciated when the amazing functions of this anti-scorbutic vitamin are fully understood.

Long years before the first vitamin had been discovered, and when the science of nutrition was still in its infancy, English physicians observed that the use of orange juice would help to cure children of a serious disease characterized by a sallow, pale complexion, flabby muscles, and a painful inflammation of the membrane surrounding the bones of the legs. And as early as 1795 it was also discovered that British sailors could be prevented from developing the painful and serious disease of scurvy if they were given a regular ration of lemon juice which had been evaporated to a syrup. It was because lemon, then called lime, juice was invariably prescribed for the navy that British sailors came to be known as "limies," a term which is still in use today.

Scurvy a Controllable Disease

Scurvy was thus prevented or cured in both children and adults, long before scientists learned that precious vitamin C is the controlling factor in this disease. And shortly after the turn of the century a systematic study was begun by scientists in both Europe and America to discover all the foods that possessed the almost magical power to prevent and cure this former scourge of mankind.

In the course of many painstaking investigations and brilliant discoveries, we have gradually increased our knowledge of scurvy until today we know that the substance which prevents the disease is vitamin C.

May Retard Growth in Children

It has also been noted that many cases of latent scurvy can be found among children and adults in all walks of life. It has been determined, for example, that many children who are restless, irritable, or retarded in growth are in reality suffering from a deficiency of vitamin C.

When deprived of this vitamin, experimental animals develop swollen, tender joints, sore jaws and spongy, bleeding gums, while the teeth become loosened and assume irregular positions. Hemorrhages may occur almost anywhere in the body, due to capillary weakness, and are particularly common in the kidneys, intestines, bone marrow, under the skin, in the muscles and adrenal glands. **Indeed, one of the most interesting of all the discoveries concerning vitamin C was made with guinea pigs. It was observed that in a healthy animal, the adrenal glands are rich in vitamin C, while in a scorbutic animal, they contain practically none.**

Pyorrhea and Vitamin C

Many investigators have discovered that a deficiency of vitamin C causes profound changes, not only in the gums, but also in the enamel and dentine of the teeth. **It has been suggested that pyorrhea may be associated directly with a vitamin C deficiency.**

Certainly, there is enough convincing evidence, as a result of work with both children and adults, to indicate the importance of an adequate supply of vitamin C in maintaining healthy teeth.

Sources of This Body Regulator

Vitamin C is produced by plants during their growth. It is found in juicy stems, bulbs, roots, tubers and fruits.

Outstanding among the fruits are the citrus family, including oranges, lemons and grapefruit; tomatoes and cranberries. Raw cabbage is a good source as is watercress.

So important is vitamin C that one or more generous portions of a vitamin C-rich food should be consumed daily, preferably at every meal.

Orange and tomato juice have been used interchangeably for quite some time as a convenient and easily available source of vitamin C. In recent years, some experiments performed at a leading university have given a high ranking to cranberries on this score, so that they, too, may be ranked as a significant source of vitamin C.

These brilliant little red berries come into market in the fall—the very time when it is important to eat generously of fruits to fortify the body against fall and winter ills. Their tart flavor helps to stimulate appetite and their fruit acids promote intestinal tone.

Neither the maturity nor variety of the fruit appears to have any bearing on the vitamin content, and even when cooked, as whole fruit sauce, they retain from 75 to 80 per cent of the original vitamin C content of the fresh fruit. Cranberries are also a fair source of vitamin A which is not impaired by cooking, and they contain iodine, iron, copper and manganese.

Because they are such a versatile fruit, cranberries can be utilized throughout the year and at any meal. Thus orange and tomato juice may be varied at breakfast by using cranberry; consorve, jelly or sauce, or a cranberry juice cocktail. For lunch or dinner, this same fruit may be served as an appetizer, with the meat course; or used to make a variety of attractive desserts.

If vitamin C-containing foods are included generously in the daily diet, the homemaker may well feel that she has provided her family with an important form of health insurance.

Fitted, Lifted Waistlines

IF YOU want to have the very smart, tiny-waisted look, and to look slimmer than you are, by all means wear these two frocks with each the high-at-the-