CLASSIFIED DEPARTMENT

CHICKS

ROCKS, REDS & BR. CROSSES hatched from selected Blood-Tested Breeders. MILFORD HATCHERY Milford Road or Liberty Road, Pikesville, P. O. ROCKDALE, MD. Pikesville 341-J.

'Make Your Mark' In Easy Stitches

Pattern 6158

You'll be delighted with the effects you can achieve with these initials. They're just lazy-daisy and outline stitch with a French knot for the flower center. These initials dress up linens or any personal accessories whether you conservatively use one color, a color and black or a variety of colors. Pattern 6158 contains a transfer pattern of two 2¼-inch alphabets, two 1½-inch alphabets, and 4 motifs 2½ by 2¾ inches; information for placing initials; illustrations of stitches.

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

Chinese Soviet Dollars

An interesting type of Chinese silver dollar has recently appeared on the market and will undoubtedly be rare, as only a comparatively small number was struck. The obverse shows a globe with a sickle and hammer superimposed, and the legend, "Soviet Government of All China," appears on the reverse.

The method used in dating this coin is of particular interest. Arabic numerals have been employed, but since Chinese reads from right to left the year 1934 is inscribed 4391.—Detroit Coin Club.

A Three Days' Cough Is Your Danger Signal

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 if 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 germ-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 you can ask for it plainly, see that the name on the bottle is Creomulsion, and you'll get the genuine product and the relief you want. (Adv.)

Two Necessities

The highest effect of eloquence requires an eloquent speaker and an eloquent hearer.—Shedd.

NERVOUS?

Do you feel so nervous you want to scream? Do you get irritable? Do you think you know cheaper to cry?

If your nerves are on edge and you find you need a good tonic, try Mrs. Lydia E. Pinkham's Vegetable Compound, a time-tested medicine.

For over 60 years one women has told another how to go "smiling thru" with reliable Pinkham's Compound. Have an attractive, up more physical restlessness and those jittery feelings, due to functional disorders from accepting symptoms which often accompany female functional disorders.

Why not give it a chance to help you? Over one million women have written in praise of wonderful results of Pinkham's Compound.

Image of the Mind

Language is the sensible portraiture or image of the mental process.—Bacon.

FEEL GOOD

Here is Amazing Relief for Conditions Due to Sluggish Bowels

Nature's Remedy (NR) Tablets are a mild, yet thorough laxative made of 11 of nature's best known vegetable laxatives, plus Cascara, Pepsin, Phenolphthalein, Belladonna, Aloe, Capsicum, Ginger, Peppermint, Salts, etc. Gentle, sure, dependable. Tens of thousands of users. Without Risk Satisfaction or your money back. Get the box today. Only 25c. Ask your druggist for Nature's Remedy (NR) Tablets. Take only as directed. Tasty, safe, non-habit forming. NR TO-NIGHT ALWAYS CARRY GUM'S QUICK RELIEF FOR ACID INDIGESTION

Bargains YES!

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

Comfort, Beauty Easily Obtained Through Colors

By BETTY WELLS

"THERE'S no side to our family," writes Fran R., "so it just wouldn't make sense for us to go in for anything impressive in interior decoration, even if we could afford it. Besides a bunch of growing children would make ducks and drakes of elaborate materials and pastel coverings. What we want is a friendly comfortable home with restful fine colors and furniture of good substantial design.

"For the first time in years we have a bit of spare money to put on the house, and we want to make it do as much as possible. The living room and dining room will get the main refurnishing. We will go over the walls and get new rugs and curtains for both rooms. The basic furniture will have to remain, but we will be able to buy a few incidental things. We'd like some extra small tables and a nice desk for the living room, and I thought a pair of good-looking armchairs for the head and foot of the dining table would pep up the set and they'd be handy since we have only six chairs now. The questions are what colors for walls, rugs, curtains, slip covers? These rooms are sunny and pleasant. I'd be very grateful for your help."

"Our bunch of children would make ducks and drakes of elaborate decorations."

You're lucky that you can just about do what you like as far as colors are concerned. And don't apologize about not going in for the exotic or formal fads in decorating.

For your living and dining rooms, why not have the walls both painted white with ceilings in palest green. Use a flowered chintz at the windows with a white ground and a riotous pattern. For the floors, have two tone beige to brown rugs—both alike—in one of those new indistinct fern leaf designs. The sofa I'd slip cover in a green and beige striped material, a firm washable weave, and for the two chairs I'd choose a plaished green. Make new lamp shades out of stretched chintz (the same pattern as you have at the windows). In the dining room, the two new armchairs (an excellent idea, incidentally) would be best in green I think.

© By Betty Wells.—WNU Service.

EXILE SEEKS CROWN

Prince Henry, count of Paris and pretender to the extinct throne of France, made a dramatic secret airplane trip to a suburb of Paris to plead on the soil of his ancestors for the restoration of the monarchy. To make this plea, which he characterized as the only way to save France from decay or party dictatorship, he broke for the first time the law of exile which bars male members of the house of Bourbon-Orleans from France.

No. 1 Boy Scout Selects History as College Major

SAN FRANCISCO.—Barney C. Williams, who has just enrolled at San Francisco State college, majoring in history, is the highest ranking Boy Scout in the United States.

He has nine ranks above Eagle Scout and has qualified for two other still higher ranks. He holds 73 merit badges.

Williams will attend the New York Scout school, after he has taken his degree here, and then intends to devote his life to Scout work. He has already been in the organization for 10 years.

BOGEY MAN

Orson Welles, 23-year-old prodigy of the stage and radio, whose recent dramatization of H. G. Wells' "War of the Worlds" via the radio was so realistic that thousands of listeners were seized by a wave of panic fear of an invasion of the United States of monsters from the planet Mars.

Rural Police Officers Rival City Brothers in Heroism

Court Records Are Filled With Stirring Tales of Bravery On Part of Small Town Officials.

CHICAGO.—Though lacking the glamour surrounding their big city brethren, small town law enforcement officials are usually as competent when it comes to apprehending criminals. Police records are filled with tales of heroism in which village constables and civilian posses have brought desperadoes to bay.

One outstanding case has been reported from Albia, Iowa, where Sheriff John Goodwin of Monroe county received a crudely scribbled note reading:

"Your rats from Chicago are going to knock over the Smokey Hollow mine payroll on April 11. Signed: A Friend."

Immediately Sheriff Goodwin gathered a posse of 12 leading Albia citizens, all good shots. Early on the appointed morning they preparedly a blockade. One man was posted in a filling station, others hid behind trees or in ditches near the spot where the payroll car would likely be stopped.

The sheriff's plan worked to perfection. When the payroll car was halted, a blockade of trucks appeared from nowhere and the desperadoes found themselves surrounded by trusting machine guns and rifles. Sheriff Goodwin's accomplishment was later dramatized over the "Public Hero Number One" radio program, which specializes in publicizing the exploits of small town police officials.

Another example is the case of Convict Wilfred Lindsey, whose good behavior at Louisiana state penitentiary won him a trusty assignment as houseboy for the camp captain's home. But Lindsey was an incorrigible criminal. He planned a fiendish escape and one morning murdered the captain's wife with a butcher knife. Since the captain's car was essential to his scheme, Lindsey waited for the official to return, then shot him and fled.

Turns Gun on Self.

For five days 150 men under Sheriff Teddy Martin and Warden Louis Jones scoured the Louisiana hills, finally locating Lindsey atop a high cliff. While the posse waited breathlessly below, Sheriff Martin and Sergeant Ellis Haydon risked their lives climbing the cliff while the mad Lindsey fired on them from above. Cornered, he turned his gun on himself.

Another case brought to nationwide attention by the "Public Hero Number One" program concerns Sergeant Waller of the Alton (Ill.) police department, whose breakneck chase of a bandit car ended when the criminals crashed into a bridge. Sergeant Waller found five badly injured boys, one of whom would have died except for a blood transfusion donated by the officer—who a half hour ago had risked his life in real pursuit.

A tale of heroism tempered by common sense came recently from Lincoln, Neb., where Chief of Police William G. Condit found his car spattered with bullets while chasing bandits through a residential district. He might have returned fire, but knew he would thereby risk the lives of children then returning from school. "Finally reaching Lincoln outskirts, Chief Condit and his deputy opened fire and brought the criminals to justice.

New Insect Is Created By College Scientist

PALO ALTO, CALIF.—A winged chrysalis, a new insect, half chrysalis and half butterfly, has been created" here by science. It arises from the discovery of what causes the summer miracle of metamorphosis of caterpillars into butterflies.

The discovery was made by Dietrich Bodenstein, a research assistant in the school of biology of Stanford university.

The cause is a chemical in the chrysalis' head. The chemical acts like a hormone and directs gland secretions.

The metamorphosis chemical may be hormone, enzyme or "a nervous stimulus." It travels through the chrysalis' skin. By cutting off circulation in the skin at the back of the chrysalis' head, Bodenstein prevents the body from changing into a butterfly.

Head and shoulders become the head and winged shoulders of a butterfly.

CHIC SPORTS COAT

"I should say that he is in love," grunted Old Mr. Toad.

Thornton W. Burgess

EVERY day Danny Meadow Mouse back Nanny Meadow Mouse good-by and left her alone in their beautiful new home in the pile of old corn stalks on the edge of Farmer Brown's cornfield. Then, taking the greatest care that no one should see him, he scampered along his secret roundabout path to his old home over in the Green Meadows and went about his usual business there just as if he really lived there. He did this so that his friends and his enemies, too, would think that he really did live there just as he always had and so would not go looking for him and perhaps discover that dear new home.

For a while Danny was very successful. But there was one thing that Danny couldn't keep a secret no matter how hard he tried, and that was the fact that he was happier than he ever had been in all his life. You know happiness cannot be hidden. It is like a bright light—it will shine out. It wasn't long before Danny's old friends and neighbors began to talk about it when Danny wasn't around.

"What has got into Danny? He always was a happy little fellow, but now he is so happy that the other day I heard him actually trying to sing. Fancy Danny Meadow Mouse trying to sing," said Peter Rabbit.

"If there was anybody around here for him to be in love with I should say that he is in love," grunted Old Mr. Toad.

Now there was someone else who had noticed how happy Danny was and this was Reddy Fox. You know Reddy keeps a very close watch on Danny and where he goes and what he does, for Reddy long ago made up his mind that just as sure as winds blow and rain falls some day he would catch Danny Meadow Mouse. And because he had failed so often he had learned that he must know all about Danny's affairs in order to surprise him. So every day he visited Danny's old home and hid where he could watch and hear. Of course, Danny knew just where Reddy was hiding. He had to do so that he wouldn't be caught. So the first thing every morning he made it his business to make sure that Reddy was about and, if he was, just where he was.

Now Reddy Fox, you know, is very smart and clever. Of course, he noticed how very happy Danny was these days, and it set him to thinking. He began to grow suspicious. The more he watched and listened and thought the more suspicious he grew. He remembered how he had surprised Danny and Nanny in another part of the Green Meadows where Nanny's old home was. He noticed that though he found Danny at his old home every morning he never saw or heard anything of him in the afternoons. At first he had supposed that Danny was taking an afternoon nap, but as his suspicions grew he made up his mind that Danny went somewhere else to spend his afternoons.

"Of course, he is with that other Meadow Mouse!" said Reddy, with a wicked sparkle in his eyes, and straightway he began to spend his afternoons hunting around Nanny's old home where he had surprised Nanny and Danny that never-to-be-forgotten day. But though he hunted and hunted and found ever so many private little paths which he knew had been made by a Meadow Mouse, never once did he get a glimpse of Danny or Nanny. For the very good reason, as you and I know, that they were not there. And all the time Danny knew just what Reddy was doing, and he and Nanny would laugh and laugh as they thought how splendidly they had fooled him and everybody else.

© T. W. Burgess.—WNU Service.

Here's Gray Squirrel That Can Whip an Owl

NEW BRITAIN, CONN.—Few gray squirrels survive a battle with their natural enemy, the hoot owl. Veterinarian John P. McIntosh, however, reported a furious fight during which the squirrel, although badly damaged, managed to slay the owl McIntosh doctored the squirrel back to health.

A reversible wool fabric, black on one side and gaily colored plaid on the other, was imported to make this striking sports coat. The intricately cut dress is of lightweight woolen in the same plaid. Bright feathers on the black hat pick up the plaid colors.

HOW TO SEW

by Ruth Wyeth Spears

Money making ideas for Christmas.

AN INTERESTING letter this morning says, "Our church has been in debt for years and the last details and balancing my accounts I feel that I would be neglecting something if I did not express my appreciation for your Sewing Book No. 2, Gifts, Novelties and Embroidery. We found many ideas in it that were real money makers. Our annual Christmas sale is now in course of preparation. Could you publish some new ideas for toys in the paper soon?"

Unusually attractive toys may be made quickly and at little cost from cheap cotton stockings. This demure yellowish tan kitten with bright red or blue ribbon is made from a stocking leg. The secret of giving toys of this type character is in making the stuffing firm and tight. Cotton or small pieces of clean, soft rags may be used. Push the stuffing firmly in place with a blunt stick.

Complete directions for cutting and making the body are given here. For the tail, cut a piece 6 inches long and 2 inches wide. Stitch the lengthwise edges together, tapering toward the end, then turn right side out, stuff and sew firmly in place. It is easy to draw the face. Notice in the sketch how the eyelids curve, the shape of the mouth and how the whiskers slant.

Either wool yarn or mercerized cotton embroidery thread may be used—black or brown for the eyes and whiskers and red for the mouth.

NOTE: Are you ready for Christmas? Birthdays? And the next church bazaar? Do you turn time into money with things to sell? Mrs. Spears' Sewing Book 2 has helped thousands of women. If your home is your hobby you will also want Book 1—SEWING, for the Home and Decorator. Order by number enclosing 25 cents for each book. If you order both books, quilt leaflet with 36 different stitches will be included free. Address Mrs. Spears, 210 S. Desplaines St., Chicago, Ill.

Uncle Phil Says:

Looking Into the Future?

Are we grateful for the favors of the past, or for the favors we expect later on?

Welcome an unpleasant experience. Ten to one it will make a good talking point in future conversations.

Thereby We Gauge Them

A man's salary is as secretly sacred to him as a woman's age is to her.

Thought makes its mark in lines upon the face. Absence of thought shows itself in broad blank spaces.

People without a sense of humor act very funny at times.

It is easier to take medicine than it is to make up your mind to take it.

DRINK HOT WATER

—but loosen the CLINGING wastes

To your daily cups of hot water add the juice of a fresh lemon. Garfield Tea and you not only "wash out" intestines but loosen the hard-to-get waste which clings to the lining, soiling the bowels. Garfield Tea helps hot water too tier to drink. Mild, THOROUGH, prompt. 10c & 25c at druggists.

FREE! SAMPLE Write Garfield Tea Co., Dept. 23 Brooklyn, N. Y.

GARFIELD TEA

Expensive Sweet Tooth

The tax collector has a sweet tooth. When you buy sugar he takes one lump out of every five in hidden taxes.

Our Main Props

The objects that we have known in better days are the only ones that sustain the weight of our affections, and give us strength to travel our future lot.—Hazlitt.

Wait, Mother—Ask Your Doctor First

Never give your children unknown medicines

Ask your doctor about Bayer Aspirin. A mother may save a few pennies by giving her children unknown medications. But a small extra fee to your doctor helps you get the safest, most dependable medicine. Ask your doctor before you give your children anything for pain, fever, cold or sore throat.

Doctors prefer Bayer Aspirin 9 to 1 for children's pain. Tablets dissolve in a spoonful of water. Tasteless. Gentle. Quick. Ask your druggist for the "Bayer" Aspirin Dosage Table.

Try "Bab-Mo-Tabs"—a Wonderful Laxative

BLACKMAN STOCK and POULTRY MEDICINES GET RESULTS!

- Blackman's Medicated Lick-A
- Blackman's Stock Powder
- Blackman's Hog Powder
- Blackman's Poultry Powder
- Blackman's Poultry Tablets
- Blackman's Lice Powder

HIGHEST QUALITY—LOWEST PRICE

Satisfaction Guaranteed or Your Money Back. BUY FROM YOUR DEALER

BLACKMAN STOCK MEDICINE CO. CHATTANOOGA, TENNESSEE

Without Virtue

That man is worthless who knows how to receive a favor, but not how to return one.—Plautus.

CCC relieves COLDS first day. Headache and Fever due to Cold yield promptly. Try "Bab-Mo-Tabs"—a Wonderful Laxative

"POOR TRUST IS DEAD—BAD PAY KILLED HIM"

This sign with picture of "doggie," gone where all "doggies" go, hanging on the wall of a small store in a little North Carolina town which was plenty years ago, was my first squint at the hint to pay cash. Some need a hint while others need a kick to make good their I. O. U's. The owner of that North Carolina store the kids called "OLD MAN CASH." What the grown-ups called him, I dunno.

It was said that he was a mind reader because he was always able to arrange to be at the spot where you had to look at that sign, and him, too, when you wanted credit. His cold stare and that sign caused stuttering of "the promise to pay tomorrow." It was told that some could not even utter the stutter when facing him and his sign.

In later years, after his retirement, speaking of his experience, he said, "There was a time when I was a Santa Claus and some folks seemed to think every day was December twenty-fifth, and no week had a pay day and no month, a first. It was then I decided to change my store habits and if possible the habits of some of my towns-people."

After thinking things over awhile, I made up my mind to advertise. I reasoned it out that a general alarm in the WEEKLY, the one only paper in town, to tell about my store, the goods and the new policy of cash only, would be cheaper and it would help me save shame-faces—some might feel sheepish while reading my advertisements and have a heart.

I yet interested in advertising. I found other people, some of them my customers, read advertisements, so I helped it along the best I knew how. I put gingersnap words in my advertisements and some humor, and that's how the idea came for the POOR TRUST IS DEAD sign.

I also found that good-name goods had repeat sales and that started me concentrating on staples with the result that fussiness over what kind, no longer confused or irked. Dilly-daily selling efforts, wasting time and costing money passed out.

Customers bought baking powder, soda, flour, soap and other articles bearing identification marks. Kids called them pictures. Products put up neat, convenient, honest weight and measured cartons, boxes, bottles and cans. What an improvement in business and the dispositions of the customers. I even improved with conditions so greatly changed for the better.

W. E. MOFFETT

Classified Advertising

HAVE YOU anything around the house you want to trade or sell? Try a classified ad. The cost is only a few cents and there are probably a lot of folks looking for just whatever it is you no longer have use for.

CLASSIFIED ADS GET RESULTS

HOUSEHOLD QUESTIONS

Time to Wax Floors.—Wax finishes on floors should be renewed every four to six months, depending on the amount of wear on the floor.

• • •

Preserving Linoleum.—To keep linoleum in good condition, rub it with linseed oil once or twice a year, during spring and fall house cleaning.

• • •

To Stiffen Taffeta.—Taffeta is apt to become limp when washed. To stiffen it, wring a sponge or cloth out of borax water and wipe on the wrong side of the silk; then iron, when nearly dry, on the wrong side.

• • •

Save Climbing Stairs.—A small table or shelf placed at the foot of the stairs and another at the head will save endless trots up and down. Articles intended to be taken up or down, as the case may be, can be placed on the table and then taken up in one trip.

• • •

Raisins and Nuts in Cakes.—If you will roll nut meats in flour before adding to the cake mixture, nuts will not fall to bottom of cake. This should also be done when raisins are used in cakes.

• • •

Native wit is a backwoodsman delights the cultured more than all the smartness of their associates.

Mail Order Denture Business Victorious In Court Decision

False teeth may be measured and sold by mail as readily as in a dentist's chair, according to a court ruling, says a recent news item in the Chicago Daily Tribune.

The United States Dental Company of Chicago reports that its business both in the United States and outside is growing very rapidly; this is quick, easy, economical way of fitting and constructing dentures from finest materials, with expert craftsmanship, at very low prices, as an achievement of this age. Thousands of grateful letters in its files from satisfied customers all over the country testify to this.

This is a distinctly worthy service to people who work in the fields, mountains, or other places where it is inconvenient for them to find local dentists to make good teeth for them at low prices. Adv.

Grooming Aid To Business Girl's Career

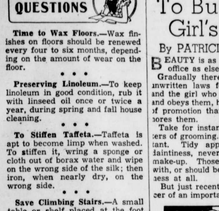
By PATRICIA LINDSAY

BEAUTY is as beauty does in the office as elsewhere.

Gradually there is being formed an written law for office behavior and the girl who is aware of them, and practices them, has a better chance of promotion than the girl who ignores them.

Take for instance the small matters of grooming. Small but important. Tidy appearance, personal faintness, never obvious stress or make-up. Those you are familiar with, or should be if you are in business at all.

But just recently a personnel officer of an important company voiced a few more office rules which she says are as essential as the golden rule!



Long personal conversations and smoking during office hours are strictly taboo if you want to hold your job.

Rules for Office Behavior

"Remember that good manners and courtesy mark a person's true breeding. Use business office as truly as they do at a dinner party."

"Be sparing in the exercise of your charm. Most bosses prefer to pick their own charmers—after office hours."

"Don't strive for too striking colors or combinations in your office apparel. Unless you have a very extensive wardrobe your conferees will become all too familiar with the rotation of costumes."

"Don't be a telephone chatterer. Personal conversation in an office should be kept brief and subdued. Bill collectors and beaux should get the same impersonal attention from nine until five."

"Remember that during working hours is usually indulged in only by excursers."

"Don't take out your bad temper on the switchboard operator, she can't talk back, and may have had a bad night, too."

"The person who makes a phone call should end the conversation. She is also the one who call back if the telephone conversation is disconnected."

"All personal belongings such as make-up kits, compacts, etc., should be kept out of sight. Do your touching up in the powder room."

"If you are in a dignified office never appear without stockings. It is not only bad form but your legs look better when clad!"

"Don't keep other employees from doing their work by telling them about your personal doings. Nighttime chatter is annoying, as for lunch-time chatter."

"The top of your desk should contain only the essentials for immediate work. Cluttered desks speak of sloppy work."

© Bell Syndicate.—WNU Service.

HINT-OF-THE-DAY

To Keep Eyes Sparkling.

Eyes—the windows of the soul—are the most important feature of the face. To keep the eyes at their best and bright requires constant attention, especially if you are outdoors much during daytime, or work in an office under artificial light.

An eye wash is as important as a soap and water cleansing for your face. Make it a habit to cleanse the eyes in the morning, as regularly as you cleanse your skin.

An excellent eye bath is a herbal compound that soothes and cleanses the eyes in a magical way. There is an eye cup attached to the top of the bottle.

Another phase of eye health and beauty has to do with your eyelids. Crepey eyelids detract from your beauty and can be prevented. There is a cream especially blended for the eyelids which really does the work. You simply smooth it on the lids and leave it there over night. It helps replenish the oils which have dried out and restores the natural, youthful skin texture.

Most Northern State

Minnesota is farther north than any other state. The northern part of Lake of the Woods country, formed in 1922 from the northern portion of Beltrami county, is farther north than any place in any other state in the Union. This part of the United States cannot be reached by land without passing over Canadian territory.

Use of Term Tuberculosis

Consumption, phthisis, T. B., and tuberculosis are one and the same disease. The first three terms are used when speaking of tuberculosis of the lungs only. The general term tuberculosis has to be qualified by mentioning the part of the body affected.

Have Many Wild Animals

In the deserts of northwest Chinese Turkestan are to be found large herds of "horse" or wild asses, wild horses and wild camels.

Gulf Current Draws Strange Ocean Species

Coming Winter Focuses Attention on Queer Air Current

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

Voyaging southward from New York toward tropic waters on a midwinter day, you gaze out over a leaden sea of dull-green color, lashed by the stiff, chilling wind. But the next morning you awaken to a balmy air and go on deck to behold the ocean miraculously changed to ultramarine blue, the dark swelling waves crowned with snowy foam which churns up in the wake of the vessel in turquoise turmoil before reaching the surface.

Petrels follow the ship, skipping from wave to wave. Toward afternoon a school of porpoises glides in and out of the sea in never-ending chase, while flying fishes, glinting in blue and silver, dart anxiously from the water and sail long distances, flicking the wave crests with their tails to gain momentum.

You are in the Gulf stream, that marvelous river in the ocean, which gives the North Atlantic its mildness and character and profoundly affects its temperature even as far as the North sea, bestowing upon the British isles and Scandinavia the inestimable boon of a chastened climate. We can imagine the surprise of Ponce de Leon when, sailing along the coast of Florida in 1513, he found his ship borne irresistibly northward in its current.

The Gulf stream exerts an influence on the spread and distribution of the marine life of the Atlantic which cannot be over-estimated.

Haven of Marine Life

The main current warms the whole North Atlantic, and spurs setting in toward the coast have a striking effect on the distribution of floating life off the Middle Atlantic states and southern New England. Here, however, the warm stream is separated from the shore by colder waters forming what is known as the "cold wall." South of the Grand banks of Newfoundland it meets the icy Labrador current which flows down from the north, bringing a northern fauna and making its influence felt along the shore, particularly north of Cape Cod.

The Gulf stream, on the other hand, extends the range of many West Indian and other tropical species far to the northward during the summer, some of them being borne to the British isles, so that the pelagic life of the mid-Atlantic is more tropical in character than that of the same latitude on the North American coast.

Sail out across the Gulf stream in a southeasterly direction, keeping your eyes open for the unusual marine life. Suddenly you see a graceful, translucent object, like an oddly elongated blubber, floating on the surface. It is brilliantly colored blue and crimson, the hues more intense at its tapering ends and shading into a play of delicate transparent tints along its sides.

As you come nearer you see still others, and soon you realize that you are steering into the midst of a fleet of these fairy craft. Each one rears a crest resembling a succession of iridescent, foamlike bubbles along its summit, bordered with an edging of deep crimson.

These are the Portuguese man-of-war (physalia pelagica), an organism related to the hydroids and jellyfish, but consisting of a whole colony of connected individuals floating as a unit.

At first glance only one member of the colony is visible. But, as you look downward through the short distance to the water, you see masses of long, slender, brilliantly colored tubes, shaped proportions descending from the lower side just beneath the surface.

Constant Movement

Looking deeper, you finally perceive, extending far into the depths, a whole series of cordlike filaments, spirally adorned with close-set beads similar to those on the short, beadlike tubes, but larger. These slender cables are continually extending and contracting independently of each other, thickened knots passing each other up and down on neighboring strands like elevators.

A sudden breeze ruffles the water surface. The floats change shape, twisting in such a way as to "trim sail." The long, submerged cables, being attached to only one side of the bladder, act as a drag anchor, enabling the craft to head up into the wind and thus counteract a too rapid leeway.

On board the boat you have a tall glass jar. Reaching over the side, as the vessel drifts with the current, you pick up a fine example of physalia, being careful to lift it by the float and thus avoid contact with any of the bead-adorned streamers. This caution is essential, for every bead is a battery of powerful sting cells loaded with minute barbed threads, thousands of which, at the slightest touch, will penetrate the skin and inject an irritating poison.

Once while wading near Ponce, on the south shore of Puerto Rico, a scientist attempted to lift one of these creatures into a pail of water. The trade winds were blowing strongly, and, as the streamers came clear of the surface, the wind caught them and blew them around the bare arm with which he held the pail. Immediately a pain as of living fire shot through it.

He quickly dropped the physalia into the pail and began to unwind the clinging streamers with his free hand. When he had finished, each finger pained like a toothache. The arm was fiery red and swollen to the elbow, and his armpit ached where the poison had spread to the lymphatic glands.

He did not sleep that night, and the pain passed away slowly during the next day. Fortunately he was not seriously affected, but some people, more susceptible, have been known to collapse after being stung.

The long streamers, which may extend as far as 40 feet down into the sea, immediately contract to two or three feet when the bladder is brought out of the water. In a jar they lengthen to its bottom and begin their eternal contracting and extending.

Live in Colonies

Thousands of individuals immediately under the float is of several species, each having a special function. The blue, tube-shaped members are feeding polyps, with mouth openings at their lower extremity. They do the feeding and digesting for the entire community. The green, tapering fingers are feelers and tasters, very sensitive. The finely divided pink clusters, reproductive in function, develop the sex cells. Male and female cells are found only in separate colonies.

Here is the beautiful but dangerous whip ray, a denizen of tropical Atlantic waters.

Ichthyologists hail with delight the capture of this inch and a quarter sailfish, smallest ever recorded. Caught in a net at Miami city yacht basin, it proves that sailfish spawn in the tropical waters around Miami, according to fish authorities. The spawning place of the deep sea fighters has long been a matter of guesswork.

WHAT to EAT and WHY

C. Houston Goudiss Describes Some of the Functions of Vitamin B_1—Reports Recent Discoveries of Its Relation to the Gastro-Intestinal Tract

By C. HOUSTON GOUDISS

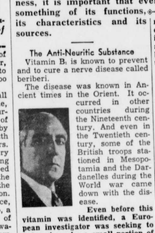
PERHAPS no more dramatic chapter has ever been written in the history of nutritional science than the discovery of the chemical structure of the vitamin now known as B_1 and its artificial synthesis.

Inasmuch as a deficiency of this vitamin may have extremely far-reaching effects upon human health and happiness, it is important that every homemaker should learn something of its functions, its characteristics and its sources.

The Anti-Neuritic Substance

Vitamin B_1 is known to prevent and to cure a nerve disease called beriberi.

The disease was known in ancient times in the Orient. It occurred in other countries during the Nineteenth century. And even in the Twentieth century, some of the British troops stationed in Mesopotamia and the Dardanelles during the World war came down with the disease.



Even before this vitamin was identified, a European investigator was seeking to determine why a small portion of milk added to a diet containing grains, fats, carbohydrates and minerals successfully nourished individuals who did not enjoy good health when the milk was omitted.

Chemical Identification

Many investigators sought for years to fathom the secret of this mysterious substance.

After long research by many distinguished investigators, two Americans reached a milestone in the history of nutritional science when they discovered the chemical structure of vitamin B_1 and learned how to synthesize it.

A Regulator of Body Processes

In the course of their work with vitamin B_1, nutritional scientists have discovered many other important functions of this vitamin.

It has been determined that this substance is essential to growth and that it is also necessary to promote normal appetite. Laboratory experiments with animals revealed that when fed upon a diet lacking vitamin B_1, the animals lost their desire for food and refused to eat until the vitamin was restored to their diet.

There is also some evidence that vitamin B_1 is necessary for the maintenance of normal muscular tone of the large intestine.

Aids Gastro-Intestinal Tract

Chemical studies on 75 patients led one investigator to conclude that a continual slight shortage of vitamin B_1 leads to definite changes in the motor and secretory mechanism of the gastro-intestinal tract.

There is also evidence that the vitamin B_1 requirement increases with the rate of growth and with increased energy expenditure.

For this reason, active working men and women should be amply supplied with this vitamin, and growing children should also have generous quantities.

Further investigations are now in progress and it is quite possible that many significant new facts will be unearthed in the near future.

In the meantime, there is enough evidence to warrant the belief that the absence of vitamin B_1 results in cellular alteration in the nervous system, intestine, pancreas, stomach, salivary glands, liver and other tissues.

The whole power of the body to resist infection appears to be decreased. This is especially true in the gastro-intestinal tract, probably owing to the action of the bacteria on its passage through the impaired alimentary tract.

Some Peculiarities of This Vitamin

Vitamin B_1 is soluble in water. For this reason, a large percentage of it may be lost if the water in which a food is soaked or cooked is discarded. Other ways in which this precious vitamin is lost are through refining cereals too highly, or when the natural acidity of a food is lowered by the addition of an alkali.

Preventing Vitamin B_1 Deficiency

It has been suggested that the health department of every village, town and city should not be content with protecting the local community against infectious diseases, but should be equally vigilant in endeavoring to safeguard its people against the injury deficiency diseases which have been discovered through the recent advances in nutritional knowledge.

That is because many people who can easily afford the foods that furnish vitamin B_1 are consuming a diet deficient in this respect. This unfortunate situation may arise because they believe that their customary diet is adequate. Or, they conclude that appetite is a reliable guide to the meals that should be consumed.

Sources of Vitamin B_1

Investigation has established that foods yielding a good amount of vitamin B_1 include bran, milk, eggs, bananas, orange juice, carrots, spinach and cabbage.

One of America's outstanding nutritional scientists has stated that foods can be made to provide the necessary daily requirement of vitamin B_1 if any one of the foods listed are taken in the form of fruits, vegetables, milk and eggs, and if at least half of the breads and cereals consumed are taken in the whole grain form. This suggests the advisability of adding some bran to muffins, waffles and other quick breads when they are intended for the dietary of normal individuals. The same procedure can likewise be followed in serving hot or cold cereals.

Another distinguished authority holds that adequate amounts of vitamin B_1 can be furnished at a low cost if the homemaker will utilize larger quantities of the whole grain cereals and legumes, such as onions and leafy greens; and legumes, that is, dried beans and peas.

These foods, therefore, have a definite place in the diet of normal individuals. The homemaker should see to it that they are included regularly in her daily menus.

If that task is performed faithfully, it should help to develop a healthier and more vigorous race.

Questions Answered

Mrs. S. T. L.—Yes, you are correct. All kinds of flesh food furnish protein, and usually they also contain fat. The amount of fat, however, varies with the cut and with the kind of animal from which it was obtained. Many flesh foods have more fat than full cream.

Mrs. T. A.—If a year-old infant receives a quart of milk daily, he should obtain sufficient protein, calcium, phosphorus and vitamin A to meet his requirements. He will likewise receive substantial amounts of vitamins B and G, but he needs a supplementary source of vitamin C.

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Wisdom, Skill, Virtue

Wisdom is in knowing what to do next, skill is in knowing how to do it, and virtue is doing it.—David Starr Jordan.

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