Uncle Phil Says:

A Crying Need

So much pains are taken to amplify sound and not a thing provided to put in your ears to keep it out!

You feel that many of the things you wish for are not worth working for.

Bad luck kicks in the door, while opportunity only knocks.

To keep a secret, forget about it yourself most of the time.

What does a "kuppah kawfee" cost in Brazil, where they throw coffee beans in the ocean to get rid of the surplus?

The Makings of a Utopia

What would make a utopia would be the people in it, not any kind of system.

Waste baskets take the load off pigeon holes. Do you ever feel regrets for what you threw in the waste basket?

Wouldn't you like to own a hill, a whole hill of your own, with a brook flowing at the foot of it?

No Longer Idle

Idle curiosity ought to be diverted into studying nature with a microscope.

Anyone can be elegant who knows how. Most of it lies in a certain kind of restraint.

People may not believe everything nice you say about them, but you can count on 90 per cent.

IT'S GREAT TO BE BACK AT WORK

when you've found a way to ease the pains of

RHEUMATISM

and do it the inexpensive way, too.

You can pay as high as you want for remedies claimed to relieve the pain of Rheumatism, Neuritis, Sciatica, etc. But the medicine so many doctors generally approve—the one used by thousands of families daily—is Bayer Aspirin—15¢ a dozen tablets—about 1¢ apiece.

Simply take 2 Bayer Aspirin tablets with a half glass of water. Repeat, if necessary, according to directions.

Usually this will ease such pain in a remarkably short time.

For quick relief from such pain which exhausts you and keeps you awake at night—ask for genuine Bayer Aspirin.

15¢ FOR 12 TABLETS

virtually 1 cent a tablet

Faculty of Fools

It is the peculiar faculty of fools to discern the faults of others at the same time that they forget their own.—Cicero.

Constipated?

It's Nerves Not Poisons That Make You DIZZY and DOPEY

Modern doctors now say that constipation swells up digestive organs causing pressure on nerves in this region. This nerve pressure causes frequent bilious spells, dizziness, headaches, sour stomach, dull, tired-out feeling, sleepless nights, coated tongue, bad taste and loss of appetite.

Don't fool with laxatives that give slow action, overnight relief, or are timed to act in 12 to 24 hours. What you want is QUICK results. GET THAT PRESSURE OFF THE NERVES. Flush the intestinal system. When offending wastes are gone, the bowels return to normal size and nerve pressure stops. Almost at once you feel marvelously refreshed, blues vanish, and life looks bright again.

That is why so many doctors are now insisting on gentle but QUICK ACTION. That is why YOU should insist on Adlerika. This efficient intestinal evacuant contains SEVEN carminative and cathartic ingredients. Adlerika acts on the stomach as well as the entire intestinal tract. Adlerika relieves stomach distress at once and often removes bowel congestion in half an hour. No violent action, no after effects, just QUICK results. Recommended by many doctors and druggists for 35 years.

$2.50 A DAY Single

Hotel Tudor

• In NEW YORK CITY •

2 blocks east of Grand Central Station on 42nd Street. 600 rooms, each with private bath.

Green Meadows Stories by Thornton W. Burgess

GREAT EXCITEMENT IN THE GREEN FOREST

WHEN the little people of the Green Forest become excited they become very much excited. Yes, sir, they become so excited that everybody talks at once, just like some other people. And now there was great excitement in the Green Forest. Indeed, Peter Rabbit couldn't remember a time when there had been so much excitement, not even the time when it was discovered that Prickly Porky the Porcupine had come down to the Green Forest to live. And it was all because of a big black stranger, big as Farmer Brown's boy and black as Blacky the Crow, and whose name was Buster Bear.

Sammy Jay had been the first to see him. Blacky the Crow had been the next. Then Unc' Billy Possum, Jimmy Skunk, and Peter Rabbit. At least so far as any one knew they were the first to see him. As a matter of fact, Paddy the Beaver had seen him before Sammy Jay did, but Paddy is one who does not tell all he sees, as does Sammy Jay, and so he had said nothing.

"Pooh!" Said Prickly Porky. "That Was Nothing. I Could Do the Same Thing."

But with Sammy Jay and Peter Rabbit to spread the news it was not long before everybody knew all there was to know about it and nothing else was talked about or thought about. Of course, the news soon spread all over the Green Meadows and to the Smiling Pool and it made almost as much excitement there as in the Green Forest. Of course, Peter Rabbit had told every one he met of how he had seen Jimmy Skunk make Buster Bear get out of his way, and of course almost everybody had a great deal of admiration for Jimmy Skunk. The only one who didn't was Prickly Porky.

"Pooh!" said Prickly Porky. "That was nothing. I could do the same thing. I'm no more afraid of Buster Bear than Jimmy Skunk is. The fact is, I know Buster Bear very well, for he comes from the Great Woods from which I came. There is nothing to be afraid of in Buster Bear."

Of course, every one thought that Prickly Porky was just boasting, and that he was jealous of Jimmy Skunk. Reddy Fox said as much.

"All right, Reddy! You go hunt up Buster Bear and invite him to come here, and I'll show you whether or not I am afraid of him."

Now, Reddy had boasted that he wasn't afraid of Buster Bear. You know he is a great boaster, and likes to pretend that he isn't afraid of anybody or anything. But, like most boasters, he always has an excuse ready when he is likely to have to make good one of his boasts. It was so this time. No sooner had Prickly Porky proposed that he hunt up Buster Bear than Reddy remembered that he had a very important errand to do way down on the Green Meadows. He was sorry, but it really had to be done. Perhaps Jumper the Hare would go in his place. Reddy grinned wickedly when he said this, for everybody knows that Jumper the hare is very, very timid. So just try to imagine how surprised and excited everybody was when Jumper said:

"Certainly I'll go and give the invitation to Buster Bear. I'll be delighted to."

At first everybody but Prickly Porky stared at Jumper as if they thought that he was joking, and they couldn't quite see the joke. Then as they began to realize that he meant just what he said, they looked at each other again, as if they thought him crazy. But Jumper appeared not to notice it, and started for the deepest part of the Green Forest to look for Buster Bear. Reddy Fox started off, too, but he went in the direction of the Green Meadows. He didn't want to go, but he had to because he had said he had an important errand there. As soon as he was out of sight he made a wide circle back to the Green Forest, and then he tried to get ahead of Jumper the Hare where he could hide and give Jumper a terrible fright. It wouldn't do to let the other little people think that Jumper the Hare dared do something that he didn't dare do.

© T. W. Burgess.—WNU Service.

Straight Shooter

This is Miss Jean Ainsworth Tenney of Clear Springs, Mo., who won the national women's championship at the fifty-seventh target session of the National Archery association with a grand total of 1,926 points.

"Some say we have passed the horse and buggy days," says soliloquizing Elizabeth, "but nevertheless the days of horse sense seem to be as far ahead of us as always."

WNU Service.

Many Towns of Same Name

Springfield does not head the list of duplicated names of cities throughout the country. There are 35 Franklins, 33 Cliftons, 31 Arlingtons, 31 Hamiltons and 26 Springfields. Figures released by the Railway Express agency show comparatively few American communities have names exclusively their own. In some states two or more towns of the same name appear. Small towns in some states bear names of large cities in other states. There are 19 Washingtons, 20 Richmonds, 13 Akrons, 21 Bridgeports, 17 Albanys, 10 Atlantas, 7 Bostons, for a few examples.

GOOD NUTRITION IS UP TO COOK

Food Must Be Varied and Include Needed Calories.

By EDITH M. BARBER

GOOD nutrition depends upon more than food selection. First of all there is, of course, the choice of such a variety of foods that together they add to the perfect sum of calories, muscle building, energy giving, vitamin and mineral-bearing foods.

While some of these foods may be eaten in their raw form and need merely the process of digestion to be absorbed, others need to be prepared for digestion by cookery. Meat, for instance, must be cooked, because the human teeth are not strong enough to divide raw meat into small pieces which may be easily reached by the digestive juices.

Cereals also need preparation, either by long cooking, by grinding or by pressing by machinery, plus a short cooking. The ready-to-eat cereals are examples of the latter treatment. Flour is also prepared by machinery at the mills before it is made into bread, cakes and cookies.

While many vegetables and fruits can be eaten in their natural form, some of them need cooking for two reasons. The first is, of course, to make them ready for digestion; the other to make them palatable. Potatoes are the outstanding example of the latter fact. The raw potato is unsuited in its raw form to take an important place in our diet.

Fruit Au Gratin.

12 canned or stewed pear or peach halves
Cornflake crumbs
Butter

Drain the fruit, saving the juice. Roll fruit in crumbs. Place in buttered baking dish, cut side up. Dot with butter. Bake in hot oven (400 to 425 degrees Fahrenheit) until crumbs are brown. Serve with lemon sauce.

Chocolate Filling.

4 ounces chocolate, cut in pieces
1¾ cups milk
¼ cup flour
1 cup sugar
2 tablespoons butter
1½ teaspoons vanilla

Put chocolate and milk in double boiler and heat. When chocolate is melted, beat with rotary egg beater until smooth. Sift flour with sugar, add a small amount of the chocolate mixture and stir until smooth. Return to double boiler, cook until thick and add butter and vanilla. This filling may be stored in refrigerator in a covered jar. It may be used in the pudding, or to put between layers of cake or as a pie filling.

Potatoes Hashed in Cream.

2 tablespoons butter
2 cups diced potatoes
Salt, pepper
2 cups rich milk

Melt the butter, add potatoes and seasoning and stir over fire until the butter is absorbed. Add the milk and cook slowly, about half an hour. Add more milk if needed.

Baked Stuffed Fish.

1 medium sized fish, two to three pounds
Stuffing
2 cups soft bread crumbs
2 teaspoons chopped onion
Salt, pepper
2 teaspoons lemon juice
3 tablespoons melted fat

Clean the fish by removing the scales and the fins, and split. Stuff and sew. Dredge with flour, dot with butter and bake in a hot oven (500 degrees Fahrenheit). Cook until the fish separates from the bone and flakes when tested with the point of a knife.

Potato Salad.

4 cups cold boiled potatoes
1 chopped onion
1 cucumber or 2 pickles
¼ cup French dressing
Cooked salad dressing

Cut potatoes into dice or slices, add the onion and sliced cucumber or pickles, mix with French dressing which should be very well seasoned, and let stand in ice box one or two hours. Mix with salad dressing, serve on lettuce and garnish with parsley. Celery, cut into cubes, or celery seed may be used with the other ingredients if desired.

Plum Jam.

1 pound plums
½ to ⅔ pound sugar

Wash plums and remove seeds. Add sugar and cook until mixture is thick and clear. Pack immediately into hot, clean jars and seal at once.

Salmon Cutlets.

2 cups flaked salmon
1 cup thick white sauce
1 teaspoon chopped parsley
Paprika
1 teaspoon lemon juice
Salt

Mix in the order given, spread on a platter to cool. When cold, shape like a cutlet and fry in deep fat, 375 degrees F. A stick of macaroni may be inserted in the end to represent the bone.

© Bell Syndicate.—WNU Service.

ANIMAL CRACKERS

By WARREN GOODRICH

© Bell Syndicate.

"Kiss me again—"

WNU Service.

FIRST AID TO THE AILING HOUSE

By Roger B. Whitman

RADIATOR COVERS

NOT long ago I saw some tests made on a new type of radiator enclosures. The results showed that these enclosures cut down the heat thrown off by a radiator by nearly one-half. The enclosures were ornamental; they were better looking than the radiators. But cutting down the heat by one-half means the chilling of a room in which they might be used. There is no satisfaction in this, of course, for a radiator is intended to supply heat.

A radiator delivers heat in two ways; heat is radiated from the hot metal just as it is from a fire or the sun, and heat passes to the room through the upward flow of air that is heated between the radiator sections. An enclosure with a solid front prevents the radiation of heat from the metal. A cover over the top of the radiator prevents the free upward flow of heated air. Even the best of radiator enclosures check the heating effect to some extent, but a checking of nearly one-half is entirely too great to be considered.

For the greatest heating effect, the front of an enclosure should be an open grill that will not check the radiation of heat from the metal. Not long ago I saw a home-made enclosure; a wood frame with the front filled in with diamond metal lath. This interfered very little with the radiation of heat, and, painted with the rest of the enclosure, was very attractive in appearance.

For a full flow of heated air, the top of an enclosure should be open, or at least be of open grill-work. The alternative is to have a solid top, as much higher than the radiator as the radiator is deep, and with its front open. Heated air will then have room enough to pass out horizontally. The lower part of an enclosure should be open, so that there can be a full flow of cool air from the floor.

An enclosure should not be bought for its looks alone. First consideration should be given to the extent to which it may cut down the heating effect of the radiator.

© By Roger B. Whitman WNU Service.

MANNERS OF THE MOMENT

By JEAN

© By The Associated Newspapers

FEMININE shoestring problems are nothing to masculine shoestring problems, we hear. It's probably because the men have more shoestrings to handle. Anyhow, we've learned on good authority that most men's shoestrings get into hard knots sooner or later. And it is rumored that wives find it difficult to quiet the frustrated untiers of knots.

Well, here is our advice to wives of men whose shoestrings won't untie.

Be on Hand With the Scissors When He Gets Tied Up In Knots.

First have some scissors handy. Keep your eye on the man who is grappling with the knot. Don't step in too soon for he must be given a chance to feel his independence. When he gets to the point where he gives the shoestring one tremendous yank and then glowers at it, hand him the shears without a word. You know then that he is mad enough to ruin a pair of shoestrings willingly. Everything will be fine after that.

But perhaps you'd better have an extra pair of shoestrings tucked away in your sewing basket in case his destructive tendencies have worn off by the next morning.

WNU Service.

Perspiration Discharged

The amount of perspiration normally discharged by a healthy person varies from about 1½ to 5 pints per day, increasing with exercise and high temperature.

GOOD TASTE TODAY by EMILY POST

World's Foremost Authority on Etiquette

© Emily Post.

Unexpected Visitors Must Take a Chance

DEAR Mrs. Post: My husband and I were planning to go with another couple to a big dance in town when the day before out of town relatives just arrived without any notice at all. We tried to persuade them to go to the dance with us but they said they did not care for dancing and also they had not come prepared with evening clothes. We even tried to supply the clothes, but no, they would not go. We felt that we should go since we had promised our friends. We explained the situation and they seemed very sincere in wanting us to go without them. They stayed home with the radio and the dog. Next day they acted hurt and before leaving remarked that they were glad their visit had not interfered with our pleasure. I certainly feel that they have branded me as a discourteous hostess and can't help wondering whether I was wrong.

Answer: A question like this is so hard to answer because if I say you were perfectly right in going out, the chances are that some of my readers would feel about it as your guests apparently did. And yet the real fault was that of your guests who came without asking you if it would be convenient to have them. And this is a thing which in my opinion no one should take for granted—not even a nearest relative, unless she knows there is plenty of room and also that her hostess will feel free to do just as you did.

• • •

ABC's in Manners: Invitations and Greetings

IS THE tissue paper left in commencement announcements or invitations when they are mailed? And why your answer?

Answer: It is correct to remove the tissue paper before mailing the announcements or invitations. But if you think the ink has not dried sufficiently to prevent the clean page from getting smudged, then this is a sensible enough reason for leaving it.

• • •

Use Double Sheets.

DEAR Mrs. Post: I have always been under the impression that correct writing paper for a man was cut in single sheets, but recently you suggested to a reader that in his particular case the paper should be double. Has the style in men's writing paper changed or is it that I have been under a wrong impression?

Answer: I am sorry but I am afraid you have been under the wrong impression. Social paper, or at least that which can be used for formal occasions such as notes of invitation, answers to invitations, etc., should never be on a single fold paper. Of course when file copies need be made of personal letters then they as well as long business letters are necessarily written on single paper of typewriting size.

• • •

Junior Bridesmaid

DEAR Mrs. Post: I have a sister only eleven years old, but big for her age. She is my only sister and at an age that seems to make it impossible to include her in my wedding party either as a flower girl or as a bridesmaid, and yet I know the poor child will be heartbroken if you can't find some place for her.

Answer: Make her a junior bridesmaid. That means that she wears a dress as nearly as possible like those worn by the bridesmaids, but modified to suit her age. If you have a maid of honor, your sister should follow the ushers either walking alone or else walking with another junior bridesmaid. If she walks immediately before you, this would make her your maid of honor, which she can perfectly well be if you have not already invited your best friend.

• • •

Deaths in Business

DEAR Mrs. Post: At various times our company receives notices of the death of people who are connected with business firms with which we do business. We don't know whether we should make any acknowledgment of this announcement or not, and if so, what.

Answer: This is probably only intended as a notification so that you will no longer address business letters to this name, and no acknowledgment is necessary. On the other hand, if you happen to know someone in the company whom you feel will be really upset by the loss of this associate, it would be kind to write to him.

• • •

Drinking Your Bouillon

DEAR Mrs. Post: Is it proper to pick up the wide bouillon cups and drink from them? They seem almost too large, but my husband insists that their handles are not only intended for ornamentation.

Answer: Your husband is quite right. Moreover, you use both handles, one held in each hand.

WNU Service.

"Jungle Law"

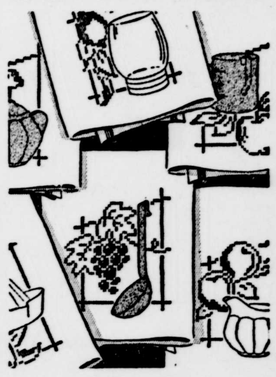
"Jungle Law" is the law of self preservation. In the jungle the constant struggle is for survival, and the natural instinct of living beings in a wild state of nature is to kill rather than be killed.

Limburger From Belgium

Contrary to the belief held by many people that limburger is a foreign-type cheese which originated in Germany, the cheese originated in Luttich, Belgium, and was marketed in Limburg, Belgium.

Tea Towels Done In Cross Stitch

Better than a picnic is the fun you'll have embroidering tea towels with these gayer than gay motifs—luscious cross stitched fruits and homey everyday kitchenware. Do the dishes in outline stitch or applique as you choose. The patch



Pattern 5891.

is a simple one to handle and adds a splash of color. In pattern 5891 you will find a transfer pattern of six motifs averaging 5¼ by 6½ inches; material requirements; color suggestions; illustrations of all stitches used.

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

Please write plainly your name, address and pattern number.

Ship's Military Burial

When the U. S. S. Smith Thompson was damaged almost beyond repair during maneuvers in the Pacific a short time ago, officials decided that she deserved a better end than to be sold for junk. So she was sunk ten miles off the Philippines while her funeral party watched, marines fired three volleys over her bow and a bugler sounded taps. This was the only military burial ever given a ship in the naval history of the United States.—Collier's Weekly.

Still Coughing?

No matter how many medicines you have tried for your cough, chest cold, or bronchial irritation, you can 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 the 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 from the very first bottle. Creomulsion is one word—not two, and it has no hyphen in it. 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.)

Guard the Laugh

One can make a bitterer enemy with a laugh than with a curse.

A Good Laxative

The bad feelings and dullness often attending constipation take the joy out of life. Try a dose of Black-Draught at the first sign of constipation and see how much better it is to check the trouble before it gets a hold on you. Black-Draught is purely vegetable and is so prompt and reliable. Get refreshing relief from constipation by taking purely vegetable

BLACK-DRAUGHT

Better Be Nothing

It is better to be nothing than a knave.—Antoninus.

WOMEN WHO HOLD THEIR MEN NEVER LET THEM KNOW

NO matter how much your back aches and your nerves scream, your husband, because he is only a man, can never understand why you are so hard to live with one week in every month.

Too often the honeymoon express is wrecked by the nagging tongue of a three-quarter wife. The wise woman never lets her husband know by outward sign that she is a victim of periodic pain.

For three generations one woman has told another how to go "smiling through" with Lydia E. Pinkham's Vegetable Compound. It helps Nature tone up the system, thus lessening the discomforts from the functional disorders which women must endure in the three ordeals of life: 1. Turning from girlhood to womanhood. 2. Preparing for motherhood. 3. Approaching "middle age."

Don't be a three-quarter wife, take LYDIA E. PINKHAM'S VEGETABLE COMPOUND and Go "Smiling Through."

Love, Honor and Obey

"Natural Causes" Seldom the Real Cause of Death

One of the rarest things in life is death from "natural causes," listed as "senility" on death certificates, observes a writer in the Detroit Free Press.

As has been pointed out by medical men, persons don't often wear out, they generally are killed, either by disease or accident. Although "senility" frequently is found on death certificates, more often than not because of the advanced age of the deceased, together with lack of apparent disease causes or a post mortem, the term is used without being the real cause of death.

Researchers say that a natural death is one to be sought after because after a certain stage in life is reached the instinct of self-preservation gradually is replaced by an instinct to die, and death is accepted calmly and happily.

True senility is found in persons ranging from the age of seventy upwards, depending on heredity, environment and other factors. Judging by medical records and vital statistics, the process of "wearing out" is a long, arduous one, most of those dying from senility having worked hard during a long life.

MOPSY

WNU Service.

A $1000.00 MESSAGE

For Everybody Everywhere

•Amazing and Revolutionary plan of Mutual Life Protection. Protect your whole family, up to 15 persons, ages 1 to 75.—All for the price of one. A cumulative Joint plan, increasing every 90 days to $1,000 on each member of family regardless of age. Pays for death from any cause—natural or accidental, also for loss of limbs or eyes. Extremely economical protection. Claims paid within 48 hours. No examination required. Safe, Sound and Reliable. Good anywhere in the world.

•Also Sick and Accident contracts paying up to $100 per month for temporary sickness or injury. Licensed and supervised by Insurance Department of Delaware. Reserves on deposit with Department for your protection. Save agent's commissions—save the profits, by writing direct to Company.

FEDERAL MUTUAL LIFE
Citizens Bank Bldg., Wilmington, Del.