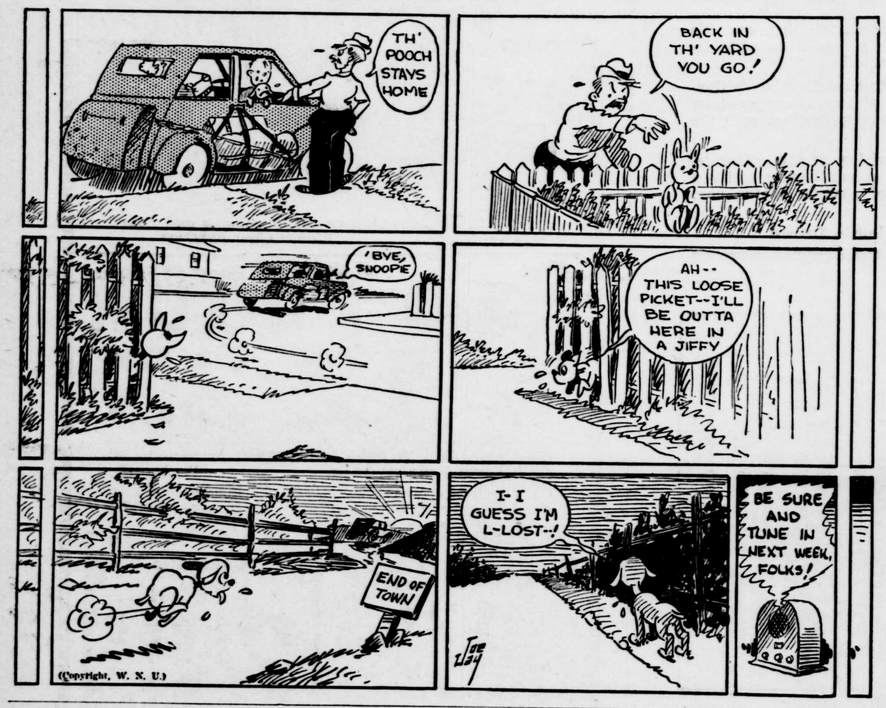
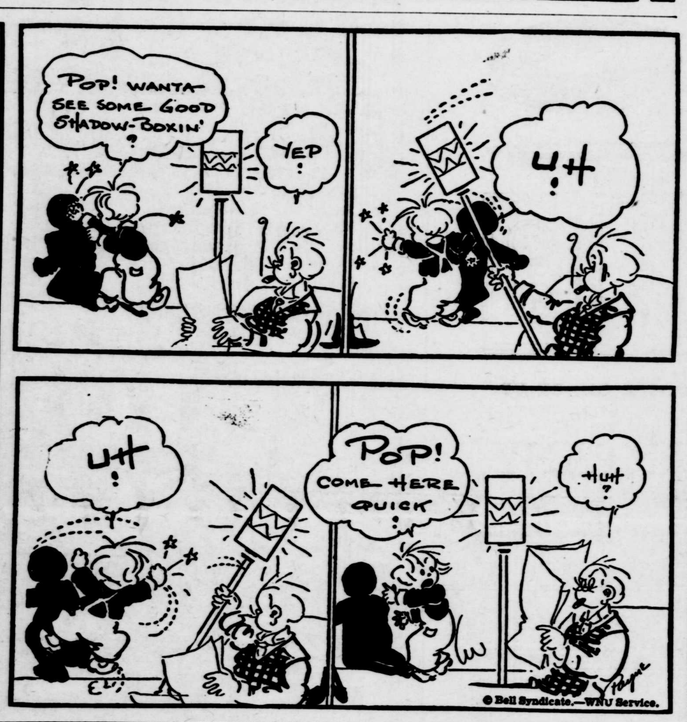
OUR COMIC SECTION

Snoopie



'S MATTER POP

By C. M. Payne



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POP

By J. Millar Watt

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ARM CHAIR STUFF

Diner—I've had much better pie than this served me, waiter.

Waiter—Den it musta been in some other place, boss—not here!

Selection

"That lumber's no good. Every board has knotholes in it."

"That's all right," answered the contractor. "I'm a philanthropist. These boards are for a fence around a baseball park."

Nomenclature

"What kind of a car do you drive?"

"I don't know for sure," said Mr. Chuggins, "whether it's what the factory named it, or what I call it in a smash-up."

Noisy

An agent was showing a prospective tenant over a small cottage, and explained that he required a quiet family.

"Have you any children?" he inquired.

"No!"

"Have you a piano or wireless?"

"No."

"Do you play any musical instrument?"

"No, but my pen scratches sometimes."—Tit-Bits Magazine.

Deceptive Melody

"Our songs deceive us," said Miss Cayenne.

"In what respect?"

"Everybody warbles 'Home, Sweet Home,' but the old moving van keeps backing up just the same."

In the Net

He—I wonder why girls call men "poor fish?"

She—They're so easily caught, and they struggle so to get free after you get 'em.

GOOD PLACE TO SLEEP

"You say the performance was too short?"

"Well—er—I could have enjoyed a longer nap."

Progress

Grandpa—When I was a young 'un, my big ambition was to have a gig and a gal.

Dad—Well, when I was a boy, I wanted a flivver and a flapper.

Son—Hey, Pop, how about me having a plane and a jane?

Boudoir Topics

"Do you like bananas?" asked the girl.

"Madam," replied the visitor, who was slightly deaf, "I do not. I prefer the old-fashioned nightshirt."

BOOK SHELF

John S. Mill, Child Prodigy, Tells of Life

By ELIZABETH C. JAMES

THOMAS EDISON'S definition of genius was: "Genius is another name for hard work." To which the public usually adds, "Plus his own superior intelligence." In the case of John Stuart Mill, there was hard work added to great natural ability. His father used remarkable methods in training the boy's unusual mind. Of these methods and much more, Mill wrote in his "Autobiography."

Elizabeth James

The writer stated that he did not remember when he began the study of languages, but at the age of three he was reading English and Greek. When John was eight years old he was required to teach his lesson of the morning to his younger brothers and sisters in the afternoon. If they did not know their lessons properly when the father heard them in the evening John was held to blame. In this manner John absorbed his knowledge to a degree of mastery.

On long walks with his son, the father talked to John of learned matters, asking the boy's opinion at various points. At all times the material was over the head of the child, causing him to stretch mentally to reach it.

Definite Study Plan.

The course of study was laid out for a period of years. One subject at a time was thoroughly covered. For example, the literature of the world was covered in succession, that of England coming first, with that of Greece, Rome, France and other nations coming in order.

CHILD PRODIGY

John Stuart Mill was born in 1806 in London. His father, a writer of note in his own generation, was his teacher until he entered the university. As a boy he was known as a child prodigy, about which Mill writes in his "Autobiography."

The Encyclopaedia Britannica says that Mill understates the amount of knowledge that he had at various ages in childhood and also understates the amount of study and reading that he had done: "About the age of twelve, John began a thorough study of the scholastic logic, at the same time reading Aristotle's treatises in the original."

The last years of his life were spent in retirement in a little cottage where he had music, books, friends, and long walks in the beauty of the countryside. His stepdaughter was his companion and solace after the death of his wife. Mill lived until 1873.

When his son was old enough to take university life, the wise father explained to John that he knew much that other boys did not know because of his father's kindness in taking so much time to teach him. There was never any feeling on John's part that he had done anything unusual.

When he first went away from home, he felt that many adults considered him somewhat impudent. He states that he did not understand this at the time but later he saw it was because of his outspoken comments on mature topics.

As a man, Mill took an active part in affairs of government, becoming a member of parliament. But this type of work did not appeal to him. He preferred economics and sociology. As long as he lived, Mill wrote and fought for the cause of freedom. In youth he ardently admired Lafayette, then an old man.

Mill's Quotations.

These quotations are from Mill's history of his life. Of school, he wrote, "A pupil from whom nothing is ever demanded which he can not do, never does all he can."

Of family life, "But the children of energetic parents frequently grow up energetic, because they lean on their parents."

On freedom of thought, "The forbearance which flows from a conscientious sense of the importance to mankind of the equal freedom of all opinions, is the only toleration which is commendable."

Mill reveals that he held his father in high esteem but had little affectionate love for him. Of his method of teaching Mill wrote, "A defect running through his modes of instruction was that of trusting too much to the intelligibleness of the abstract, when not embodied in the concrete."

Mill wrote prodigiously, his works being published in the best periodicals of England, including the Edinburgh Review, Fraser's, the Examiner, Westminster Review, and the Jurist. His books cover a variety of subjects, including liberty, the cause of freedom for women, utility of religion, and government.

His life was from 1806 to 1873, and he dominated the thought of England during the third quarter of the Nineteenth century.

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Byron Wrote Speedily

Lord Byron, the English poet, was one of those fortunate beings to whom genius came easily, and was therefore little appreciated. He wrote the book, "The Corsair," in 10 days, the "Bride of Abydos" in four days, and another while undressing after balls and masquerades.

Oldest Park in America

The Alameda in Mexico City, laid out in 1592, is said to be the oldest park in America.

WHAT to EAT and WHY

C. Houston Goudiss Discusses the Food Value of Ice Cream

Nationally Known Food Authority Describes Its Place in the Diet

By C. HOUSTON GOUDISS

6 East 39th Street, New York City.

ONE of the most significant contributions of modern nutritional science was the discovery of the importance of the protective foods—milk, eggs, fresh fruits and vegetables. These foods abound in the minerals and vitamins that help to insure normal growth and health, and safeguard us against the deficiency diseases.

In this group, milk and dairy products made from it assume a commanding position because milk is the best and most practical source of calcium and vitamins A and G. These substances should be consumed in much greater proportions than at present if we are to increase health and efficiency and improve our chances for longevity.

The first rule in providing adequate amounts of the protective foods is to allow daily a quart of milk for every child and at least a pint for each adult. This amount of milk need not always be consumed as a beverage, however. It may be used in cooked dishes or eaten in the form of cheese and ice cream.

—★—

Composition of Ice Cream

Ice cream is often regarded as a confection, but it deserves to be classed among our most nutritious **foods.** It is composed of varying proportions of cream, milk, sugar, flavoring and frequently a binder or stabilizer such as gelatin. The composition varies somewhat between the home-made and the commercial product, and the commercial product differs in various states. That is because standards governing the butter fat content differ widely so that the requirement ranges from 8 to 14 per cent. Most large commercial companies produce an ice cream with about 12 per cent fat.

—★—

Guard Against Contamination

Some states require the pasteurization of the milk or cream used in manufacturing ice cream; others stipulate that the entire mix must be pasteurized before freezing. These measures are desirable, as ice cream requires the same scrupulous care that should be given to milk and cream.

Because of the possibilities for contamination, several precautions should be observed in buying ice cream. Choose cream manufactured by a reputable concern. Be sure to buy from a dealer who keeps it well frozen, for ice cream that has been melted and frozen again may be dangerous, owing to the opportunity for the multiplication of bacteria while it was melted. See to it, also, that the dealer uses sanitary methods in dispensing.

—★—

Home-Made Ice Cream

An easy way to make certain of the purity of the ice cream you serve is to make this delicious dessert at home. Motor-driven freezers are available, as well as those that are manually operated. And the homemaker with an automatic refrigerator finds it easier to make ice cream than to prepare many less interesting and nutritious desserts.

Ice cream powders which simplify the preparation of homemade ice cream, can be obtained unflavored, or in a variety of flavors, including lemon and maple, in addition to the popular vanilla, chocolate and strawberry. The ice cream powders may be used with milk or a combination of milk and cream to produce a healthful dessert suitable for every member of the family. They also may be used for less rich but equally refreshing milk or buttermilk sherbets.

A canned freezing mix is likewise available and is especially nice in a fruit flavor as it contains pieces of the whole fruit.

—★—

A Comparison With Milk

If we regard one-sixth of a quart of ice cream as an average serving, and compare it with one cup of milk, we make the interesting discovery that there is a close relation between the two. The ice cream provides about 24 more calories and only a trifle less protein, calcium, phosphorus, iron and vitamin A. There is considerably less vitamin G, but ice cream is nevertheless considered an excellent source of this important vitamin.

—★—

A Healthful Food

It then becomes apparent why ice cream is considered as an excellent food, not only for adults but for children and convalescents, and why one outstanding authority urges the liberal use of ice cream as a means of increasing the vitamin A content of the diet.

Plain ice cream may be used interchangeably with simple milk puddings. Rich mixtures, such as those filled with nuts and crystallized fruits, rank with the heartier desserts and should follow a lighter meal.

Ice cream is so rich in nourishment that it should not be consumed indiscriminately between meals, but should always be considered as part of the day's ration. When that is done, one nutrition authority states that its beneficial effects can hardly be overestimated.

—★—

Effect on Digestion

One frequently hears the question, "Doesn't the eating of ice cream retard the digestion of other foods consumed at the same time?" The answer is that it does slow up **slightly** the emptying time of the stomach but this delay is without significance and is more than compensated for by the important nutrients it provides.

Many people believe that it is injurious to follow ice cream with hot coffee. But it has been demonstrated that just the opposite is true. The coffee raises the temperature of the food in the stomach and thus modifies the cooling effect of the ice cream.

Another common question concerns the effect of cake or pie a la mode. Experiments indicate that eating ice cream with cake or pie produces a more satisfactory gastric juice than when either of these foods is eaten alone. One must take into consideration, however, that cake or pie a la mode is a rich combination and plan the remainder of the meal accordingly.

—★—

Use More Ice Cream

It has been estimated that five billion pounds of milk are used each year in the production of commercial ice cream, which provides about three gallons of ice cream per capita. The amounts of ice cream made at home will raise this figure somewhat. But the amount consumed may well be further increased, because **when properly made from pure ingredients, ice cream deserves to rank with other dairy products among our most wholesome and nourishing foods.**

Send for this Free **BULLETIN** *on* **Keeping Cool with Food**

You and your family will enjoy better health and greater comfort during the sizzling days of summer that remain, if you send for "Keeping Cool with Food," offered free by C. Houston Goudiss.

It lists "cooling" and "heating" foods and is complete with cooling menu suggestions.

A post card will do to carry your request. Just address C. Houston Goudiss, 6 E. 39th St., New York City.

Questions Answered

Mrs. M. J. B.—A baby is born with a reserve store of iron in his body, but after the first few months he must receive iron-bearing foods daily, to help prevent nutritional anemia. Children and adults also require a daily supply of this blood building mineral. It is estimated that 3 per cent of the red blood cells are destroyed daily. At this normal rate of destruction, they must be completely renewed every month, and for this purpose, iron is necessary.

Mrs. F. G. L.—Yes, several fruits are considered a good source of calcium, including oranges, grapefruit and figs. When orange juice is included in the diet, the retention of calcium is greater than can be explained by the amount of the mineral in this fruit. It is thought possible that the presence of vitamin C in oranges may be responsible for the beneficial results obtained.

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Gay Kitchen Lightens Tasks

Pattern 1783

Brighten your kitchen and lighten your tasks with decorative towels. Use up scraps for the applique flower pots—or do the entire motifs in plain embroidery. Pattern 1783 contains a transfer pattern of 6 motifs averaging 5¼ by 9¾ inches and pattern piece for applique; illustrations of stitches; materials required.

Send 15 cents in stamps or coins (coins preferred) for this pattern to The Sewing Circle, Needlecraft Dept., 82 Eighth Ave., New York City.

Please write your name, address and pattern number plainly.

Jumping From Plane

Tests have proved that when a parachutist jumps from a 'plane he falls the first 500 feet in 6½ seconds; in 10 seconds he will fall 1,000 feet; and at the end of 21 seconds he will have dropped 3,000 feet.

Photographs taken by slow-motion camera also show that a parachute opens completely within two seconds from the moment when the rip-cord which releases it is pulled.

Unconquered One

There is only one "successful" person in the world and that is the person who in spite of appalling afflictions remains unconquered in the depths of his soul.—John Cowper Powys.

Two Voices

Conscience is the voice of the soul; passions are the voice of the body. Is it astonishing that these two languages are often contradictory?—Rousseau.

THIS FREE BULLETIN REVEALS THE SECRETS of a— **BALANCED DIET**

SEND for the Homemaker's Chart for Checking Nutritional Balance, offered free by C. Houston Goudiss, and discover that a balanced ration is not a puzzle.

This useful chart lists the foods and the standard amounts that should be included in the daily diet. It contains skeleton menus for breakfast, dinner and lunch or supper to guide you in selecting the proper foods in each classification.

● *Just ask for the Nutrition Chart, addressing C. Houston Goudiss, 6 E. 39th Street, New York City.*

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