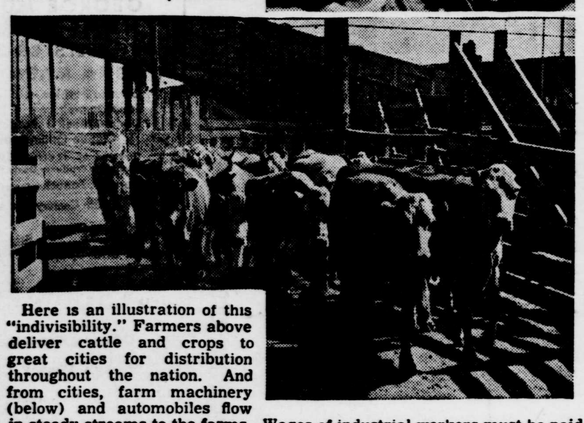
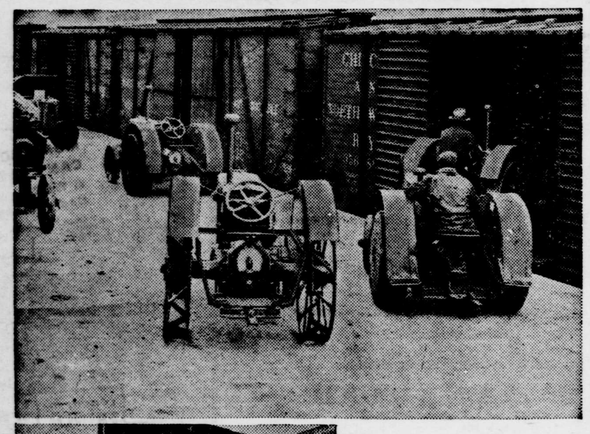
One Nation Indivisible

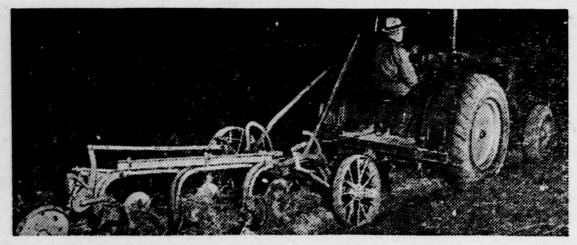
WHEREAS young America consumed more than it produced, the America of 1938 approaches self-sufficiency as the farm buys from the city, the city from the farm. Each is dependent on the other. When farmers above harvested a bumper crop near Devers, Texas, the implied surplus threatened wages of Detroit automobile workers at right. And this year, new surpluses brought further complications. The cotton surplus alone was 13,000,000 bales. Apple growers had a surplus of 51,000,000 bushels at the start of the year. Milk production was higher in the early part of the year than in any corresponding period in the last seven years and granaries and warehouses bulged with lavish nature's excess production



Here is an illustration of this "indivisibility." Farmers above deliver cattle and crops to great cities for distribution throughout the nation. And from cities, farm machinery (below) and automobiles flow in steady streams to the farms. Wages of industrial workers must be paid from the sale of their products. And the farm is a major market for products manufactured in the factories of our major cities.



To enable them to buy factory goods, farmers are co-operating with experts in finding new uses for crops, and putting chain stores to work buying surpluses and selling farm products to city workers.



Can Live on Scant Pasture

Zebus, called "Brahman cattle" in the United States, have the ability to live on scant pasture, can resist hot weather, diseases and pests. When crossed with other breeds of cattle, they transmit these qualities.

Woman's Work in Virgin Islands

Occupations of women in the Virgin islands are varied and include teaching, nursing, and domestic service as well as coaling of ships by hand, and sugar cane cultivation.

Green Scum Contains Beauty

The algae or green scum seen on still water, despite its unattractiveness to the naked eye, under the microscope is revealed as having forms exact in geometrical design and of breath-taking beauty.

Sugar Cane Workers Use Machetes

Sugar cane workers use the machete for cutting cane, and others consider them a general utility. The average machete has a blade 22 inches long and 1½ inches wide.

Floyd Gibbons'

ADVENTURERS' CLUB

HEADLINES FROM THE LIVES OF PEOPLE LIKE YOURSELF!

'The Nurse and the Thug'

By FLOYD GIBBONS
Famous Headline Hunter

HELLO EVERYBODY:

Here's a holdup story with a different twist—almost a tragic one, for, we learn from Augusta C. Gores of Glendale, L. I., "The gunman confessed to Judge Savarese that he was about to assault me." Had it not been for the curious coincidence related below, Augusta's adventure might have had a different ending.

Augusta, who is a nurse, was attending an invalid patient in Glendale, and on the night of April 4, 1936, at 11:20 p. m., she alighted from the Metropolitan avenue trolley a block and a half from the house at which she was employed.

The road at that point happens to be very lonely, inasmuch as Saint John's cemetery is but a block away. Augusta felt rather creepy for that reason as she was walking that distance from the trolley.

Suddenly, ahead of her, she saw a lengthened shadow, traveling in the same direction. SOMEONE WAS COMING ALONG BEHIND HER.

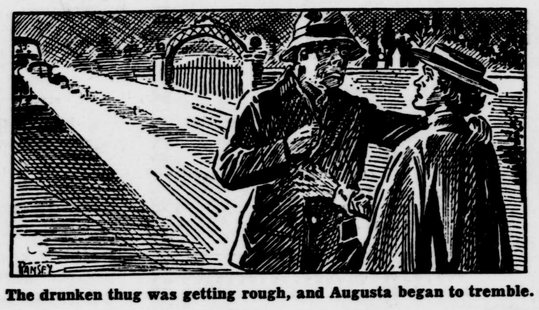
She looked back to make certain, and, sure enough, a man was hurrying along toward her. Augusta felt the man might be following her, so she figured she would cross to the opposite side of the road in order to see whether the man would actually follow her.

He did. Augusta looked back once more as she was crossing, and as she did, the man crossed also. He, too, was looking back to see whether the road behind him was clear. "I was not mistaken," Augusta says.

No Chance to Escape by Running.

Fear came over her. Fighting for control, she realized in mounting panic, that she must suppress her blind desire to outrun the man. No hope lay in that course, she must use her wits instead.

Behind her the footsteps grew louder. At last, unable any longer to restrain herself, Augusta turned. Not a foot away from her was the man. She attempted to turn back to the avenue, as there were several cars going through, but the fellow prevented her from doing so by telling



The drunken thug was getting rough, and Augusta began to tremble.

her to go on ahead of him and obey his orders as he had her covered with a gun and would use it on her if she screamed or made any attempt to call for help.

At the same time, Augusta says, the man pressed his body up against hers so that she might feel that he had a gun.

The man wore a leather jacket, and had his hand in the breast pocket, concealing the weapon. This was enough for Augusta. All thoughts of flight vanished. She knew she must somehow talk her way out of this situation. But she knew in the next instant that she didn't have a choice. The man was under the influence of liquor, and he was past the reasoning stage.

Augusta Invented a Husband.

As the man began getting rough, Augusta told him desperately that she expected her husband along any minute, and that her husband was a police officer. "You'll be in for an awful lot of trouble!" she warned the persistent annoyer, hopefully.

Augusta adds in parentheses: "I happen to be a widow."

She thought by manufacturing this story the man might go away and let her alone, but, on the contrary, he seemed inflamed by this threat. He became rougher, boasting that he could handle the situation, and Augusta, seeing now how drunk the fellow was, began to tremble inwardly.

And despite her rising panic, she knew that her one hope lay in just one thing—SHE MUST NOT LET THIS FELLOW KNOW HOW FRIGHTENED SHE WAS OF HIM.

To scream was useless; there was no one who would have heard her cries. Augusta's one hope lay in holding off her annoyer until someone should happen along.

The man was powerful, and Augusta was powerless against his drunken strength. In vain she wrestled to free herself from his grip. He was just about to overpower her when, turning down the road, Augusta saw the headlights of a car.

Her Savior Was a Policeman.

The thug had his back turned. Augusta, recalling her feeble threat of a few moments back, cried out: "Here he comes now!"

The instant's attraction was enough. While the thug wheeled to face, as he thought, the approaching police officer (Augusta's fictitious husband) she pulled away from him and threw herself into the range of the headlights!

The car was traveling at a pretty good clip, and the driver told Augusta afterward that he did not see her until he was almost on top of her, and actually came very close to running her down.

Augusta leaped on the car's running board, begged the driver, a man, to help her, explaining that she was the victim of a holdup.

By this time the thug was making his getaway. He was making good headway, WHEN SUDDENLY AUGUSTA HEARD A SHOT!

And here's the strange coincidence. The very man Augusta had stopped in the car proved to be a police officer in plain clothes, who was coming home from a prizefight. He was a total stranger to Augusta, but he must have been just as effective as if he had been the imaginary husband she had tried to scare the thug with. Because the next scene in this drama shows the thug up before the judge. Augusta was commended by the court upon being able to hold the man off long enough for help to come.

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Sloth, Laziest Animal

The sloth, said to be the laziest animal in the world, hangs from the branches of trees, feeding on shoots, foliage and fruits. The animal's anatomy is such that it can only hang. It has no defensive weapon, but is camouflaged by the coloration of the hair, which is covered with a minute green algae.

Madeira Uses Sleds

Funchal, capital of the Madeira islands, is so hilly that wheeled vehicles are useless. Sleds with greased runners provide the popular method of rapid transit; that is, as rapid as bullocks can provide.

Wolves Won't Unite

A pack of wolves may combine to run down a herd of wild horses or reindeer, but never do they form into a group to fight against another group of the same species; this only man does.

True Beauty

After all, the most natural beauty in the world is honesty and moral truth; for all beauty is truth. True features make the beauty of a face, and true proportions the beauty of architecture, as true measures that of harmony and music. In poetry, which is all fable, truth still is the perfection.—Lord Shaftesbury.

Pompeii Stone Clad City

Pompeii, a ghost city partly clad in lava ash erupted from Mt. Vesuvius in 69 A. D., remains a most interesting sight. According to reports, the luster of the buried city is kept bright by the undying popularity of Bulwer-Lytton's classic, "The Last Days of Pompeii."

Tree Splits Boulder

A huge roadside boulder at Ardlin, Scotland, has been split in halves by a tree which grew through it.

Scan Import Restrictions Of Uruguay and Argentina

WASHINGTON. — Restriction by Argentina and Uruguay of their currency exchange which is operating adversely against American imports was being studied by four government agencies.

Officials of the treasury, state and commerce departments and the tariff commission who have studied the subject, conceded the situation was "complicated."

James C. Corliss, chief of Latin American section of the commerce department's finance division, reported that importers of United States merchandise in the two Latin American countries are "seriously concerned."

Officials of the customs bureau disclosed that the general monetary exchange situation in Latin America is being studied. Just what, if any, action will be taken against Argentina and Uruguay has not been decided.

WHAT to EAT and WHY

C. Houston Goudiss Enumerates the Nutritious Values of the BANANA

Explains How Our Most Satisfying Food Fruit Helps to Maintain Health at All Ages.

By C. HOUSTON GOUDISS
6 East 39th Street, New York City.

BEFORE the discovery of the vitamins and before we knew as much regarding the body's mineral requirements, interest in food was centered around proteins, carbohydrates and fats. Fruits which in general supply little protein and fat, and widely varying amounts of carbohydrates, received scant consideration as a source of essential nutrients.

But with our steadily increasing knowledge of vitamins and of the importance to the body of a long list of essential mineral elements, fruits have assumed a commanding place in nutrition. ***And those who follow the primary rule of a well balanced diet and serve fruit twice daily have been rewarded with increased health and vigor.***

In addition to their minerals and vitamins, fruits are valued because of their bulk or cellulose which helps to insure regular health habits.

—★—

The Most Economical Fruit

Many homemakers consider that fruits as a class are among the more expensive items included in the food budget.

But that statement is far too general and indicates a lack of information concerning the comparative nutritive values of the different kinds of fruit. **For example, it has been said of the delicious and economical banana, that it gives more nutritive as well as money value than almost any other food.**

Fruits, in general, are frequently divided into two classes; they are known as **flavor fruits** when they contain 80 per cent or more of water and as **food fruits** when the water content is less than 80 per cent. **Bananas are a food fruit of the first order!**

Ripe bananas are rich in carbohydrates and furnish the body with splendid energy values, with a minimum tax on the digestive system.

—★—

Double Fuel Value

When fully ripened, this fruit provides quick energy because a certain amount of its sugars are almost immediately absorbed by the body. On the other hand, several hours must elapse before the remaining sugars are completely assimilated. Thus, eating bananas provides a continuous supply of energy for a considerable period. **They not only help to promote rapid recovery from fatigue but also furnish a continuing supply of energy which keeps one from becoming hungry again too soon after a meal.**

The edible portion of one average-sized banana weighs about 3½ ounces and provides 100 calories. It takes almost the same weight of white potato to yield the same number of calories.

—★—

Bananas a Protective Food

Bananas take an important position among the protective foods, because they are a good source of four vitamins, A, B, C and G, and contain a total of 11 minerals.

They leave an alkaline-ash following digestion.

Fully ripened bananas are easily digested and are mildly laxative.

—★—

Valuable in Child's Diet

Bananas deserve a prominent place in the child's diet from infancy to maturity. Some baby specialists prescribe mashed and strained ripe bananas as one of the first solid foods to be introduced in the infant's diet. The ripe banana is considered to be especially valuable at the time when sugar is withdrawn from the formula and the baby is given whole milk for the first time. The calories in the bananas take the place of the calories previously received from the sugar, and thus weight gains are steadily maintained.

—★—

Help Children Gain Weight

Because of their high caloric value, plus their content of minerals and vitamins, bananas may well be used regularly throughout childhood.

Bananas and milk make an excellent food combination because the milk supplements the fruit with protein, fat, minerals and vitamins. This combination is often used as a supplementary lunch for underweight children, and carefully conducted studies have indicated its usefulness in helping youngsters to gain weight.

Almost all children like the taste of bananas and they do not seem to tire of this bland and pleasing fruit. And though the banana is regarded as a solid food, it can, if desired, be mashed and whipped into liquid form and combined with milk to make a healthful and nourishing beverage.

—★—

Ideal for the Elderly

If elderly individuals are to maintain top health, fruits should be given a prominent place in their diet. But many fruits are avoided by individuals past middle age, either because their acid taste is displeasing or because they present difficulties in mastication. Ripe bananas, however, practically melt in the mouth. Being easily digested, they are a fortunate choice for elderly persons, providing necessary energy values with a minimum of digestive effort.

—★—

Most Versatile Fruit

Bananas are always in season and are usually most inexpensive. It is desirable, of course, that only fully ripened bananas be eaten raw. That is because their constituents vary with the degree of ripeness.

Bananas are picked when they are green and hard, and the carbohydrate content is almost entirely starch. As they ripen, the starch is converted into easily digested sugars.

In fully ripened bananas—those in which brown flecks appear on the yellow skins—the starch has almost entirely disappeared and the flavor has been developed to its highest point. The all-yellow banana is also ripe enough for eating and it is likewise firm enough for cooking. Partially ripe bananas—those which are yellow with a green tip—may be cooked and served as a vegetable or as dessert.

Considering their availability, ease of digestion, high food value and economy, bananas deserve to be classed as one of the staple foods in every well planned dietary.

OVERWEIGHT.

Spoils Your Looks Impairs Efficiency

. . . And it may seriously affect your health. If you are over 30, and weigh more than the normal weight for your height at the age of 30, the chances are that you would benefit greatly by a rational program of weight reduction.

You are invited to write to C. Houston Goudiss for his scientific Reducing Bulletin, which outlines the safe, certain and comfortable method of weight reduction by *counting calories*. It includes balanced reducing menus and a chart showing the caloric value of all the commonly used foods.

With it, you can easily compute the caloric value of every meal you eat.

Just write to C. Houston Goudiss, 6 East 39th St., New York City—a post card will do—and ask for the Reducing Bulletin.

Questions Answered

Mrs. G. R. McK.—When peas and beans cause discomfort, owing to their tendency to form gas, they can frequently be eaten without distress in pureed form.

Miss M. L. A.—Both sweet and white potatoes contain vitamins A, B and C; but sweet potatoes are a much better source of vitamin A than white potatoes.

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MOTHERS!

Get this FREE Bulletin on

Child Feeding

• **Don't Handicap** your child for life by improper feeding. The omission of even one minute substance may impair health, reduce learning ability.

• **Write . . . NOW,** for the comprehensive free bulletin on the *Child's Diet*, compiled in the Experimental Kitchen Laboratory, maintained by C. Houston Goudiss in New York City.

Address C. Houston Goudiss, 6 East 39th St., New York City

HOW to SEW

By RUTH WYETH SPEARS

A LETTER comes telling the story of mats a clever girl designed for her dressing table. The problem was to make them to fit spaces of unusual size. Her room color scheme was blue and white and a design of white embroidered snow crystals on cool

blue linen was what she wanted. Here is the way she achieved a charming result.

The linen was cut the desired size and narrow hems creased with a warm iron. The hems were then backstitched in white from the right side with three strands of six-strand mercerized embroidery cotton. She wanted the arrangement of the snow crystals to be helter-skelter—just as they would fall; so she took a handful of coins and tossed them onto the linen. She drew around each coin where it fell.

Still using three strands of the white cotton she took four stitches across the marked circle and then brought the needle out in the center, as shown here in step 2, ready to take a tiny stitch to bind the long stitches together. The crystals were embroidered over the long stitches, the larger ones being more elaborate than the smaller as illustrated here. The stitch used is shown in step 3. Ninety other embroidery stitches are pictured in my Sewing Book No. 2. Also dozens of things you can make in your spare time to use or to sell. Order your copy today and be among the thousands of women who are finding this book useful. Enclose 25 cents and ask for Book 2. Address: Mrs. Spears, 210 S. Desplaines St., Chicago, Ill.

Go Easy

Do not worry; eat three square meals a day; say your prayers; be courteous to your creditors; keep your digestion good; exercise; go slow and go easy.—Abraham Lincoln.

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The Drake offers every luxury and convenience of fine living on Chicago's Gold Coast, overlooking Lake Michigan.

A. S. Kirkeby, *Managing Director*

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Now Playing—"COLD CASH"