YOUR CHRISTMAS DINNER

America's royal bird, Tom Turkey, starts his journey to the Christmas dinner table. Fernand Pointreau, executive chef of Chicago's Hotel Sherman, demonstrates the fine points of preparing your piece de resistance.

1 If your turkey leg is to be tender and succulent, be sure to remove the nerves. Slit the legs up the side and pull out the nerves, using a heavy utensil that will give you purchase for a strong pull.

2 Slit the skin down the back of the neck so that it can be folded back to hold the dressing.

3 Cleaning. Make the incision as small as possible, and set aside the giblets for the gravy. Do not forget to remove the lungs.

4 Stuffing. No fancy dressing such as oyster or chestnut, insists Pointreau, but a simple stale bread dressing is perfect.

5 The dressing is in and Pointreau sews up the turkey, almost ready for its trip to the oven.

6 The bird is tied carefully with heavy string and placed in the roasting pan.

7 You don't put your Christmas turkey in the oven and forget it; baste the bird every 10 minutes during the roasting process.

8 And we're ready for the Christmas feast. Never, never put any garnishment on the platter except watercress, says Pointreau.

50,000-ACRE FARM UNDER WATER

NEW HOLLAND, N. C.—One of the world's largest farms lies at the bottom of a lake in eastern North Carolina. Built 15 years ago when Lake Mattamuskeet was drained to reclaim 50,000 acres of rich farm land, the farm was kept free of water by a gigantic pumping system which eventually proved incapable of keeping out the 1,500,000 gallons of water which flowed in every minute. A complete settlement was established, including a 23-room hotel, houses, barns, highways and bridges. But man proved unequal to the task and today Lake Mattamuskeet has reclaimed its own. Nothing remains of the vast attempt to wrest rich farmlands from nature's grasp except a few deserted highways winding disconsolately down into the lake.

Kruger National Park

Kruger National park in South Africa is the most important wild animal preserve in the world. It covers an area as large as the country of Belgium, numbers among its inhabitants all kinds of African animals, from elephants and giraffes on down to the smallest species of antelope.

Originated Manual Training

Manual training as a school subject originated in Finland in 1858.

Took Utrecht by Accident

One hundred and fifty years ago, with civil war raging in Holland, the king of Prussia, professedly to obtain adequate satisfaction for the injury done his sister, marched his army in and by accident took Utrecht and possessed himself of Amsterdam.

Kansas Name of Tribe

Kansas was the name of a tribe of Sioux, the "People of the South Wind."

Floyd Gibbons' ADVENTURERS' CLUB

HEADLINES FROM THE LIVES OF PEOPLE LIKE YOURSELF!

Diver's Doom

HELLO EVERYBODY:

You know, there's been a lot said about the heroism of the lads who go down to the sea in ships, and—well—we all know that those lads deserve all the credit we can give them. But it's the lad who goes down under the sea into ships who catches my fancy. Sooner or later there comes a time in any sailor's life when he runs up against a tough combination of circumstances. That, we'll agree to. As a matter of fact, it's a lucky sailor whose life hasn't been in danger at least three or four times in his career on the sea. But a diver's life is in danger almost every time he screws on his helmet and goes under the water. Facing danger is his trade. And today one of those deep-diving professional danger-facers is going to tell us the story of the biggest thrill of his career. So stand by the pumps, boys and girls. He's ready to go.

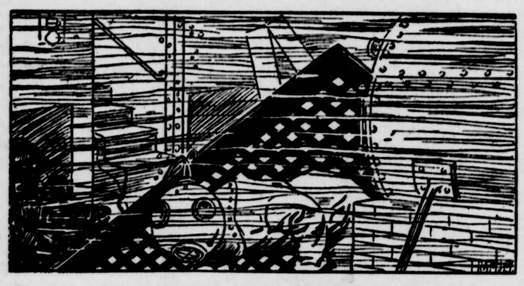
Frank Grissinger is his name, and he lives in Brooklyn, N. Y. And the worst jam Frank was ever in in his life, he says, was when he went down into the sea off the lighthouse at New Bedford, Mass., to raise the foundered tug-boat, Albert J. Stone.

Down in 14 Fathoms of Water.

Jack Gardner, another veteran diver, was Frank's partner on that job. On October 16, 1918, they got the call, and were off on the wrecking tug Resolute, to raise the Albert Stone, which had gone down in 14 fathoms of water.

The Resolute was only doing the preliminary work. The huge derrick ship, Monarch, was to pick up the tug and raise it bodily out of the water, but first the divers had to get slings under her hull and make connections so that the boiler could be filled with air, making the tug rise more easily.

The Resolute located the tug. Slings were hauled under its hull and they were all ready to tackle the boiler. That was Frank's job, and he went down until his heavy iron shoes hit the hull of the tug. Groping his way along the deck, Frank found the door of the fire room and went



"I was wedged in tight."

down the ladder. It was dark as a tomb down there, and the only sound was the air circulating through his exhaust valve. With arms outspread, Frank started for the boiler until he met an obstruction.

Feeling of it, Frank realized it was an iron floor grating that had become dislodged and lay blocking the passageway. It was too heavy to lift, but it lay at an angle leaving an opening at one side. Frank measured the space with his arms and decided he could crawl through it.

Frank started through, but his life-line held him back. He pulled it to get more slack—and pulled the grating down on top of him!

Says Frank: "I was wedged in tight. Using my hands and knees as a brace, I tried to rise up under it. But it would only give about a foot. In desperation I used up nearly all my strength—fought that grating until I was almost exhausted. Then panic seized me. What if I couldn't dislodge myself? What if the steam air-compressor broke down? What if a storm arose and cut us adrift, breaking the air line through which I was breathing? And what was even more probable a menace was that the tender, getting no response to his signals, might try to pull me up by main force, breaking both life and air lines and leaving me there to drown.

"Beads of perspiration rolled off my forehead into my eyes and there was no way to wipe them away. I was nearly blind, but I realized that I must remain calm. Maybe help would reach me. How? I didn't know. I couldn't signal the tender—there were too many angles in the line that led to the surface."

He Began Shifting His Position.

About that time Frank began thinking of things—thinking of all sorts of things, but particularly of all those things that were nearest to his heart. He wanted to live—and he wasn't going to give up without a fight. He began shifting his position to see how far he could move. Turning to the right, he could kick one side of the tug with his iron shoes. Moving to the left he found that only his breastplate and helmet were jammed.

"Then," he says, "I thought of trying to roll, and that move nearly cost me my life. I began turning my body slowly—inch by inch—and then—Horror! The helmet was not turning with me. I was unscrewing it as I moved. Had I continued, it would have come off and I would have drowned where I lay."

Frank rolled back again with every ounce of strength in his body, screwing the threads up tightly and saving his life—for the moment. Then, all at once, he lost consciousness. The ordeal of mental torture, combined with the pressure of the water, had been too much for him.

Frank's mate, Jack Gardiner, finished the story for him. The next thing Frank knew, he was coming to in a bunk on the Resolute, with Jack sitting beside him. And here's the tale Jack told.

No Response to Tender Signal.

Thirty minutes after Frank had gone down, the men on the Resolute began to get worried about him. The tender signaled to him on the line, but got no response. Jack Gardiner tried to draw Frank up, but the line held tight. They couldn't even get a foot of slack on it.

Then they knew something was wrong. Jack Gardiner began putting on his diving togs. He screwed on his helmet and went down to the deck of the tug. Following Frank's line and air hose he made his way down into the tug's fire room and, feeling his way around, he found the grating with Frank's line disappearing behind it.

Jack had found a fireman's slice bar, and, using that as a lever, he pried Frank loose. After that it was only a matter of minutes to boost him up the ladder and give the signal to the tender to haul away.

When it was all over, Jack said: "That was a close call, but better luck next time."

And Frank answered: "There isn't going to be any next time. I'm going to look for a better way to make a living than diving."

But the last I heard of Frank he was diving for a boat that had sunk in New York harbor. I guess diving must be in his blood.

Copyright.—WNU Service.

The First Manufactured Color

The first color to be actually compounded from inorganic substances is the so-called "Egyptian blue," which was prepared and sold as early as 3000 B. C. This paint was popular in the days of Rameses and King Tutankhamen and is also found on the walls of ruined buildings of Pompeii. The Egyptians probably exported it not only to Rome, but also to Greece, Babylon and the rest of the important countries antedating the Christian era.

Food Plants Not Common

Before 1492, neither a single food plant nor a domesticated food animal was common to both the Eastern and Western hemispheres, despite the fact that man had inhabited both sides of the earth for thousands of years, observes a writer in Collier's Weekly.

Harvey, Hervey, Same Name

Harvey and Hervey are the same name, of Celtic origin, meaning "progressive." Herve, pronounced in two syllables, is a French form.

Ingredients in Iron-Making

Three of the main ingredients in the iron-making process are iron ore, limestone, and coke. The fourth is frequently forgotten. It is air. Yet to make a ton of iron it is necessary to use about 3,700 pounds of ore, 700 pounds of stone, 1,600 pounds of coke, and 7,000 pounds of air. The products of the reaction are roughly 2,000 pounds of iron, 900 pounds of slag, 250 pounds of dust, and 9,850 pounds of blast furnace gas.

Sandy Loams

Sandy loams contain from 20 to 50 per cent of silt and clay, but do not have over 20 per cent of clay. Sandy loams are further subdivided into coarse sandy loam, sandy loam, fine sandy loam, and very fine sandy loam.

First Automatic Binder

The first harvester of the Marsh type to carry an automatic bundle forming, compressing and tying attachment was made in 1870 and was known as the Locke machine.

WHAT to EAT and WHY

C. Houston Goudiss Counsels Wise Eating During the Holiday Season

By C. HOUSTON GOUDISS

THE advent of the holiday season marks the beginning of one of the most difficult periods of the entire year for the homemaker.

To begin with, she is busied with the hundred and one details of Christmas shopping, the planning of holiday entertainments . . . and the preparation of extra food for parties. Secondly, the health and comfort of every member of the family depend to a considerable degree upon how they eat and what foods she serves during the weeks between now and January first.

Guard Against Lowered Resistance

Unfortunately, statistics show that the common cold and other similar ailments greatly increase in number directly after the first of the year. That is also the period when we find more people suffering from fatigue than at any other season. Both conditions are frequently traceable to faulty habits of eating and faulty hygiene during the holiday season.

The person who is forewarned is usually forearmed. Therefore, every homemaker who has the interests of her family at heart should plan, now, to arrange activities so that strain and fatigue will be reduced to a minimum. And more specifically, she should see to it that she formulates a sound eating program. Far too many people, at this season of the year, suffer the ill effects of lowered resistance brought about by unwise eating and by overeating.

Overeating of a poorly chosen diet is inadvisable at any time because it tends to overburden the digestive system. But it is particularly undesirable during the winter season when almost everyone tends to stay too long indoors, frequently in overheated rooms, and to take too little outdoor exercise.

Regularity in eating a carefully balanced diet, containing sufficient bulky foods to help promote regular health habits, is of the utmost importance if resistance is to be maintained at a high peak during the holiday season.

Keeping Body Machinery Efficient

One should always remember that the body is a machine working as regularly and as accurately as a clock. Any good mechanic knows that a fine mechanism requires the same type of care day in and day out. Homemakers, too, should remember that the body does not function differently just because we celebrate a holiday with age-old customs. Thus, to keep every member of the family well and rested, try not to allow the holiday celebrations to upset the ordinary routine of your household.

Late breakfasts, heavy dinners, and suppers taken at odd hours do not constitute the best possible menu-planning. The unfortunate over-emphasis on rich foods on special occasions may easily result in digestive disturbance, unless great care is taken to avoid dietetic indiscretions, and to maintain always the ideal of a balanced ration.

Child's Diet Especially Important

During the dark days of December, the children's diet requires extra thought and care. Too close confinement indoors and the lack of sunshine may easily have an adverse effect upon the temper and vitality of young children. Then, too, the excitement of anticipating Christmas is bound to add to their general fatigue.

Children seldom complain of fatigue, which makes it all the more necessary for mothers to be on guard against, or to look for, the first intimation that it may exist. **A child who is tired is very apt to be irritable. More than likely his appetite will be poor, and when he does eat, he may not be able to care properly for the food he takes.** You may find, if you allow him to become overtired or feed him unaccustomed foods, that it will be a struggle to get him to bed, and even then he may not sleep soundly. And it is generally recognized that disturbed sleep, plus unwise eating, may have most unfortunate consequences.

The Ideal Holiday Diet

Holiday or no holiday, both children and adults should have at least two fruits daily, one of which should be a citrus fruit or tomatoes, to help provide adequate vitamin C; there should be two vegetables besides potatoes, one of which should be of the green, leafy variety; an egg daily, or at least three or four weekly; a quart of milk for every child, and a pint for each adult.

If your meals are built on this foundation, there will be less room for the rich heavy foods which should only be taken in moderation, and after you have helped to satisfy the appetite with the protective foods. By making a point of eating generously of fruits and vegetables, and by including a crisp raw salad in the daily diet, you will be much more apt to consume sufficient bulk or cellulose to help maintain regular health habits.

Christmas Confections

We can scarcely speak of the holiday diet, particularly where children are concerned, without saying a word about Christmas confections and other goodies. These are a part of the holiday tradition. No homemaker would wish to deprive her family of such pleasures, but it does devolve upon her to simplify the other meals in the day so that her children do not suffer when they eat a large holiday dinner.

Similarly, she should make it her responsibility to either prepare the special Christmas treats from ingredients which she knows to be pure and wholesome, or to purchase them from a reliable source. If these goodies are then given to children at the end of a well-balanced meal, and not indiscriminately between meals, there should not be the upset digestions that make Christmas a bugbear to some mothers instead of the joyous occasion it should be.

By following out these suggestions, you can help your family to enjoy the holidays without regret. You will feel fit and your good health will be the basis of good cheer.

Questions Answered

Mrs. S. M. B.—Your letter was the first of a large number I received on the subject and I am therefore answering you, though my reply is also directed to all the others who have inquired concerning a recent announcement that cereals might be harmful to the teeth.

I have seen reports on this subject by two investigators and I know that other investigators are now endeavoring to check their work. As soon as there is further progress to report, I shall be glad to comment.

In the meantime, I would not hesitate to follow the advice of leading nutritionists and give your children cereals, at least half of which may well be served in the whole grain form.

©—WNU—C. Houston Goudiss—1938—41.

AROUND THE HOUSE

When Washing White Silk.—Add a little milk to the rinsing water. This will help prevent discoloration.

• • •

Cleaning Cooking Utensils.—Use a solution of washing soda to remove foods that have been burned onto enamel cooking utensils.

• • •

Refreshing Salted Nuts.—Salted nuts quickly lose their freshness. When they are served they should be heated for a few minutes in a moderate oven.

• • •

Stored Linoleum.—To prevent linoleum from cracking after it has been rolled and stored away, place it before the fire for a few hours and let it get thoroughly warmed before unrolling it.

• • •

Seasonings Are Important.—In stew it is best to have a variety of seasonings, with no one too much in evidence. Herbs, parsley, celery, grated carrots and onions can be used alone or in combination.

ACTS FAST TO BRING RELIEF FROM COLDS

This Simple Way Eases Pain with Amazing Speed

1. To ease pain and discomfort and reduce fever take 2 Bayer Tablets — drink a glass of water.

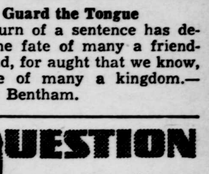
2. If throat is raw from cold, crush and dissolve 2 Bayer Tablets in ½ glass of water . . . gargle.

Use Genuine BAYER Aspirin—the Moment Your Cold Starts

The simple way pictured above often brings amazingly fast relief from discomfort and sore throat accompanying colds.

Try it. Then — *see your doctor.* He probably will tell you to continue with Bayer Aspirin because it acts so fast to relieve discomforts of a cold. And to reduce fever.

This simple way, backed by scientific authority, has largely supplanted the use of strong medicines in easing cold symptoms. Perhaps the easiest, most effective way yet discovered. But make sure you get genuine BAYER Aspirin.



15¢ FOR 12 TABLETS
2 FULL DOZEN 25¢

Guard the Tongue

The turn of a sentence has decided the fate of many a friendship, and, for aught that we know, the fate of many a kingdom.—Jeremy Bentham.

QUESTION

Do Luden's do *more* than relieve?

ANSWER

Yes, their added alkaline factor helps build up your alkaline reserve.

LUDEN'S 5¢

MENTHOL COUGH DROPS

WATCH

YOU can depend on the special sales the merchants of our town announce in the columns of this paper. They mean money saving to our readers. It always pays to patronize the merchants who advertise. They are not afraid of their merchandise or their prices.

THE SPECIALS

Undie Set and Day Dress

THE undie set goes so quickly and easily, in fact, that you can finish it for a gift in time for Christmas—and you'll certainly want to make it for yourself. The house frock is a diagram design that you can finish in a few hours. It's a mighty nice thing to be wearing when people run in unexpectedly, as they're sure to be doing, frequently, during the holiday season. You can feel right in it, and work comfortably, all day long.

The Undie Set.

Slip, panties and brassiere are all included in this one simple design that even the inexperienced can make with no difficulty. Make it up in fine quality materials—satin, crepe de Chine or flat crepe—and you'll save money not only in the first place, but in the long run, because the undies will wear and wash so long and so well. The slip has a beautifully fitted line over which your doll-waisted clothes will look their best. The brassiere provides support and uplift that you need for a definite bustline, and the panties are unusually smooth-hipped, because they fasten with a zipper.

The House Dress.

This full-skirted frock is such a pretty thing that you'll be wise to make it up in flannel or challis for shopping as well as in calico, gingham and percale for around the house. The bodice has darts just above the waist to create becoming fullness over the bust, the sleeves are puffed high at the shoulders, and the neckline, outlined with a double row of braid or ribbon, is extremely flattering. This is one of the most satisfactory house dresses that anyone in the 12 to 20 size range can possibly choose!

The Patterns.

No. 1649 is designed for sizes 14, 16, 18, 20, 40, 42, 44 and 46. Size 16 requires, for the slip 2¾ yards of 39-inch material; for the panties, 1⅛ yards; for the brassiere, ½ yard.

No. 1650 is designed for sizes 12, 14, 16, 18 and 20. Size 14 requires 4⅔ yards of 35-inch material; 11 yards of ribbon or braid to trim.

Send your order to The Sewing Circle Pattern Dept., 247 W. Forty-third street, New York, N. Y. Price of patterns, 15 cents (in coins) each.

© Bell Syndicate.—WNU Service.