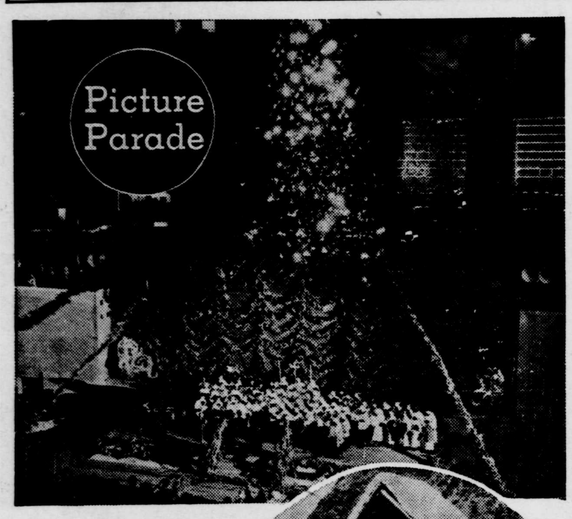
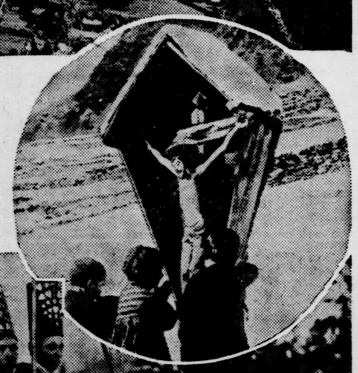
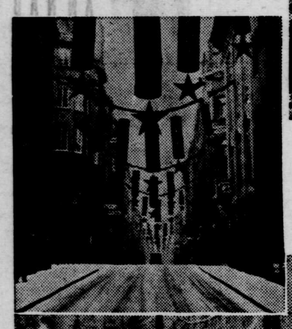
Christmas Around the World



Each land has its own Yuletide customs. Above, at New York's Rockefeller Center, carolers sing nightly before Christmas. In the Italian Alps, right, children pray before a wayside shrine.



Above, dressed in fancy costumes, Polish children stage scenes from biblical lore and sing religious songs, serenading the homes of villagers.



At tropical Cairo, in Egypt, European visitors erect their Christmas tree in the shadow of the pyramids. Left: Stockholm, Sweden, street decorations.

Few ceremonies are more colorful than those of Rumania, where villagers portray the three wise men, shepherds and an angel.

At Tromso, Norway, most northern part of Europe boasting a radio station, residents listen to the story of Christ's birth.

Christmas service in a Russian Orthodox church.

The Bonneville Expedition

Capt. B. L. E. Bonneville, U. S. A., on a leave of absence explored, trapped and observed on his expedition through the Rocky mountains and on the Pacific coast from 1832 to 1835. "The Adventures of Captain Bonneville, U. S. A.," was collated and edited by Washington Irving.

British Explorers Aided Siam

Siam was opened to western influence in 1612 by British explorers.

Wrote 'Pledge to the Flag'

"The Pledge to the Flag" was written in the office of the Youth's Companion of Boston, in 1888, by James B. Upham of Malden, Mass., in collaboration with the editors in connection with a campaign to stimulate the patriotic sentiments of American children by flying the flag over every schoolhouse.

Munich, Germany, owes its foundation and even its name to a monastery.

Floyd Gibbons' ADVENTURERS' CLUB

HEADLINES FROM THE LIVES OF PEOPLE LIKE YOURSELF!

Murder Ship

HELLO EVERYBODY:

You know, boys and girls, there are two kinds of adventures—the kind that hits you like a ton of bricks and is all over in about five seconds, and the kind that sneaks up on you slowly and subtly and sticks with you until you're worn down to the point of exhaustion. And it's the latter sort of tale you're going to hear today—the story of how Charles Mahler of Brooklyn, N. Y., stepped onto a boat weighing a hundred and forty-five pounds on a bright day in the winter of 1921, to stagger off it five days later weighing a scant one hundred and ten. Not many reducing addicts would want to follow Charley Mahler's formula for growing thin, though, for it was sheer, unadulterated terror that took the pounds off his body. Five days and nights of the most helpless fear he had ever experienced in his life.

The story starts in the Dominican Republic, down in the West Indies. Charley had been working there for a sugar concern in La Romana, for about six months. He was off on a week's vacation in Santo Domingo City when orders came transferring him to Barahona, in the same country, where a new project was being started.

Books Passage on Sailing Vessel.

At about that time a strike in the steamship industry had tied up all the boats. Charley was told that there wouldn't be a steamer sailing for Barahona for three weeks. There are darned few railroads or motor roads in the Dominican Republic, and none of them went where Charley wanted to go. It was a boat or nothing. So Charley did the only other thing he could do. He strolled down to the waterfront and booked a passage on a sailing vessel which was leaving port that night.

It was supposed to be an overnight trip. Charley had heard strange tales about these sailing packets, so he left his belongings behind to be shipped by freight. With two guns in his pockets and a round of ammunition under his shirt he walked aboard the vessel. It was pitch

He saw two dark figures on the deck.

dark. His bed—the only accommodation the boat afforded—was a common wooden box placed on deck. Charley sat down on the box and watched the boat glide out of the harbor. They had barely reached the ocean when a storm blew up. Dark shadows began rising from the deck. There were 40 Haitian natives, also bound for Barahona.

It was then that Charley discovered he was the only white man on the boat—and the natives of those parts have been known to kill a white man for his shoes. The storm was now knocking the little sailing craft around with all the fury of a tropic cyclone. "Scared?" says Charley. "I was ossified." The captain himself was jet black, but I slipped him ten dollars for protection. He offered me the hospitality of his cabin. The odor of it damned near killed me. It was crawling with bedbugs and roaches and alive with rats and mice. When I awoke next morning I was really sick from sleeping there, but it was a safer bet than sleeping outside."

That morning there wasn't a breath of air stirring. The captain had bad news for Charley when he awoke. The ship had been blown ten miles off its course and the steering gear was out of commission. The captain was depending entirely on the wind. If they waited long enough it would eventually blow them to Barahona.

"That whole day," says Charley, "I sat staring at the natives and they sat looking at me. There was no food on the boat and the water had turned hot in the tropic heat. Toward evening I noticed several natives holding a conference and I felt trouble brewing. The blacks were getting hungry, and they'd take it out on me."

And what was Charley going to do for sleep that night? He knew darned well he could never stand another night in the filthy, stuffy cabin. He spoke to the captain again and made another bargain. The captain stood the night watch at the wheel, and he agreed to watch over Charley while he slept near him on deck, his body lashed to the rail of the vessel.

The Natives Become More Restless.

But you don't get much sleep lashed to a railing. All night long Charley lay awake listening to the snores of the natives around him and thinking of the comforts of home. The next day was hot and humid. Hunger gnawed at his innards, but he had to make the best of it. The natives were getting more and more restless. They eyed Charley's clothes with covetous looks that became more and more insolent and apparent. And still there was no sign of the wind that would blow them into Barahona.

That night, worn out by two days and nights of wakefulness, Charley fell asleep. Sometime in the dark hours he woke up suddenly, by sheer instinct. In the dim light of a tropic moon he saw two dark figures creeping along the deck toward him—two natives—great, husky blacks with machetes in their mouths!

"They didn't know my eyes were open," he says, "If they had known it I wouldn't be alive today. But their ignorance gave me an opportunity to draw my guns."

Charley got those guns out just as the natives were taking their machetes from their mouths. He whipped up one gun and fired twice. In an instant, two men were dead on the deck and the whole ship was in an uproar. Dark figures came swarming toward him. The captain was a big, powerful fellow. Charley says he was built on the style of Harry Wills in his prime. He picked Charley up with one hand, threw him into his cabin head first, and then, with the aid of a revolver and his powerful physique, held that furious mob at bay.

Captain Threatens to Sink the Ship.

The next morning the captain held an inquiry, announced that Charley had shot in self-defense, and threatened to sink the ship if any more attempts were made on his life. "Calm was restored at last," says Charley. "And in the meantime, for four solid days and nights we had nothing to eat and little to drink."

On the fifth day they sighted land—but when they tied the boat up to shore later on that day, Charley was too weak to walk the gangplank. They carried him up it, weighing a hundred and ten pounds—all that was left of the hundred and forty-five pounds of good solid flesh he had carried when he got aboard that lugger at the waterfront of Santo Domingo City.

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Did Not Like Buttons

Once, a gentleman would rather have been shot than have any buttons on his coat. In England, about 700 years ago, the fasteners were only "scandalous ornament on men of low degree." A bit later whole sleeves might be buttoned, from wrist to above the elbow. Buttons have not always been used as fasteners, says the Washington Post. The rank of a Chinese mandarin was distinguished by the color button he wore on his hat.

Largest Tuned Bell

The largest tuned bell in the world, weighing 18¼ tons, is in the great 72-bell carillon in the Riverside church, New York city. Incidentally, notes a writer in Collier's Weekly, such a bell can never get out of tune except, of course, when it is cracked.

Inhabitants of Argentina

The inhabitants of Argentina are mostly of European blood. Only about 2 per cent show traces of non-Caucasian stock.

Use for Ancient Calendars

In the old days almanacs served a purpose, but even those who consulted them most zealously didn't rely altogether on the printed word in preparing daily schedules. The skies, the birds, even the animals bore portents. If the chickens roosted unusually early, that was a sure sign of rain before morning. If fireflies clung close to the ground rain was in the offing, and it was an omen if an owl hooted in the daytime.

Speed of Raindrops

When the watery vapor in the atmosphere is condensed into drops, these fall to the earth by their own weight. The very small drops which fall slowly are called fog, mist or cloud. The large raindrops fall from 15 to 25 feet a second; smaller ones fall about 5 feet a second.

Shakespeare's School Hours

Shakespeare's school hours in summer were from 6 in the morning until 6 at night and in winter from daybreak until dusk.

WHAT to EAT and WHY

C. Houston Goudiss Asks How Do You Get Your Vitamin D? Relates Need for and Sources Of This Necessary Vitamin

By C. HOUSTON GOUDISS

THERE is scarcely a mother of a young baby today who has not at one time or another been told to give her child cod-liver oil. Perhaps she does not know this substance must be given to the baby for the vitamin D that it contains. But she *has* heard that there is something in cod-liver oil which makes it valuable to the baby's health.

A generation ago, cod-liver oil was given to children in the winter time, "to build them up" after colds or various other respiratory illnesses. It was not until 1921, however, that a long series of painstaking investigations, terminating in the discovery of vitamin D, made it clear that cod-liver oil is valuable as a source of vitamin D, and also why this vitamin is essential in the diet of growing children, as well as adults.

Discovery of Vitamin D

After years of patient work and many thrilling and dramatic experiments, seven forms of vitamin D have been revealed by science. And scientists have also solved the mystery of how such widely separated factors as cod-liver oil; sunlight; a diet that is rich in, and carefully balanced with calcium and phosphorus; and ultra-violet light, all can perform the same service for the body.

Readers of this column may have observed that the discovery of a number of the vitamins came about chiefly through the efforts of investigators to discover a method of treating or curing obscure nutritional diseases. In most instances, however, carefully controlled laboratory experiments played their part in reaching the ultimate goal after some clue had been found as to what the mysterious substance might be that helped to control a baffling nutritional disease. **The discovery of vitamin D was no exception!**

Vitamin D and Rickets

Vitamin D is associated intimately with the prevention and cure of rickets, the most devastating nutritional disease of children in temperate climates. Indeed, it is the moderate, and in some cases the small amount of sunshine in the temperate zone that accounts partially for the presence of rickets.

Historians have given us reason to believe that this disease may have existed in England even before the Roman conquest. Certainly it appeared in a serious form, both in England and in other North European countries, in the Seventeenth century. In fact, early literature refers to it as the English disease, and the early attempts to fathom its causes were written in Latin by English and Dutch doctors during the 1600's.

In rickets, the child's head grows large and out of proportion to the body, while the leg and arm bones, and in severe cases even the ribs, are bent and twisted out of their normal shape.

Need for Calcium and Phosphorus

The two principal minerals required for constructing the bones and teeth are calcium, obtained chiefly from milk, cheese and green leafy vegetables, and phosphorus, found in generous amounts in eggs, whole grain cereals and dried legumes. But one of the things that made it so difficult for scientists to determine the cause of rickets was the fact that apparently well fed children, who had plenty of calcium and phosphorus, frequently developed the disease.

Mystery of Cod-Liver Oil

Cod-liver oil had been used for many years because of its supposedly "tonic" or "building" properties, when it was observed that regular doses of cod-liver oil not only cured rickets in children, but also cured the corresponding disease in adults, called osteomalacia, in which the bones become soft as the calcium and phosphorus already deposited in them are withdrawn and excreted.

Fat and Vitamin D

One of the strangest paradoxes to the scientists in their early investigations was the fact that while cod-liver oil appeared to cure rickets, another substance high in fat—butter fat, did not. More research work was necessary before it was discovered that while butter was rich in vitamin A, cod-liver oil contained two vitamins, one of which was later named vitamin D.

Effect of Sunlight

More work was necessary and it took years of patient effort before science unraveled the mystery of how sunlight could have the same apparent effect in preventing rickets as cod-liver oil.

Once nutritionists understood how sunlight acting on a fatty substance in the skin could produce vitamin D, however, it was not difficult to carry the process a step further and learn how to fortify foods with a satisfactory content of vitamin D.

Today we have at our disposal irradiated milk, or milk to which a vitamin D concentrate has been added. Margarine, too, has been enriched not only with vitamin D, but with vitamin A so that this moderate-priced spread for bread has been made an effective vitamin carrier.

Natural Food Sources of Vitamin D

The richest natural sources of vitamin D are the fish-liver oils, including the liver-oil of the tuna, swordfish, rock fish, salmon, halibut, mackerel, cod and haddock. The body oils of many fish also furnish substantial amounts. That accounts for the fact that canned salmon has been regarded as such a splendid food in the diet of children and adults. It is not only a good source of protein and of energy values, but it contains substantial amounts of the minerals, calcium, phosphorus and iodine, and has been found to be an unusually good food source of vitamin D.

Egg yolk contains small amounts of vitamin D, and when eaten regularly, the quantity is enough to have a significant effect in the diet of children.

Vitamin D Requirements

So important is vitamin D considered, that the United States Children's Bureau advises that cod-liver oil or some other form of this vitamin be supplied to all babies, beginning at the age of two or three weeks.

Mothers should be guided by the advice of their physician in determining when to start the use of a vitamin D preparation and what quantities to give. But if they want to give their babies the blessing bestowed on them by the scientists who discovered vitamin D, they must not overlook this important substance.

As guardians of the health of both children and adults, mothers should see to it that vitamin D is supplied regularly through the use of eggs and salmon; irradiated foods and those fortified with vitamin D; and if necessary, fish-liver oils or concentrates.

Questions Answered

Miss G. M. L.—Yes, it is true that sweet potatoes contain a small amount of protein. In fact, their protein is composed of four amino acids known to be essential to nutrition. Some of the protein may be lost if the potato is boiled, but it is entirely preserved when the potato is cooked by dry heat.

Mrs. M. B.—Both cooked lentils and baked kidney beans contain over 20 per cent of carbohydrate. Low carbohydrate vegetables include cabbage, celery, cauliflower, kale, lettuce and spinach.

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AROUND THE HOUSE

Keep Baking Oven Clean.—Many a cake is spoiled by burning fragments left in the oven. Rub the inside of the oven frequently with coarse emery paper. This will remove rust and keep the oven in good condition.

* * *

To Judge Grapefruit.—Notice its firmness, weight, and shape as well as the thickness of the skin. Good quality fruit is firm yet springy to the touch. It is well shaped, thin skinned and heavy for its size.

* * *

Improving Mince Pies. — Run your mincemeat through the mincing machine before putting it into pastry. It makes it much more easy to digest than if the currants, etc., are left whole. Remember that mince pies should be served very hot.

* * *

When Fruit Cake Becomes Dry.—Fruit cake that has become dry may be moistened by saturating a clean cloth with spiced fruit juice, wrapping the cake in the cloth and returning it to its airtight container for a day or two.

* * *

Lintless Tea Towels.—Tea towels will not leave lint on china and glassware if they are passed through a weak starch solution when laundered.

Dressy Midwinter Fashions

HAVE something brand new and smart, to cheer you up during the after-holiday time when you feel a little let-down. Here are two of the very smartest things you can wear, both just as pretty and new as they can be! And they're so easy to make that you'll enjoy doing it, and of course you'll save, decidedly, by choosing your own fabrics. Each pattern is accompanied by a detailed sew chart.

Soft Afternoon Dress.

This is a lovely design, very smart and new. It does very nice things to your figure. The wide girdle makes you look doll-waisted, the gathered bodice fills out your bustline, and the full skirt is extremely graceful. The high neckline is scalloped to make it softer and more becoming. In velvet, silk crepe, satin, or thin wool, this will be one of the prettiest afternoon dresses you ever owned!

Suspender Skirt With Jacket.

Here's a perfectly charming new princess skirt, in suspender fashion, topped by a short little tuxedo jacket. You can wear the skirt with your own blouses, or just with the jacket, so that you'll find it very useful. See how tiny it makes your waist look, and notice the cute, crescent-shaped pockets. Very simple to make, like all two-piece styles. Choose tweed, wool crepe, plaid or flannel.

The Patterns.

No. 1641 is designed for sizes 12, 14, 16, 18 and 20. Size 14 requires 4⅝ yards of 39-inch material.

No. 1646 is designed for sizes 12, 14, 16, 18 and 20. Size 14 requires 3⅛ yards of 54-inch material with long sleeves.

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.

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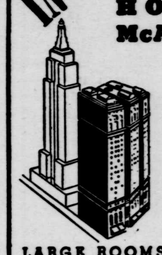
Means and Opportunity

The greatest blessings to ourselves and others, when they are rightly used, are our time and our money. These talents are continual means and opportunities of doing good.—Law.

IN NEW YORK
HOTEL McALPIN



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